

Better smiles, better health

Make dental care part of your overall plan for health and wellness

When you think of maintaining your dental health, what comes to mind? Probably things like brushing and flossing, regular cleanings or braces, to name a few.

But good oral care does more than keep your smile nice. By taking care of your teeth and gums, you're actually taking a vital step toward protecting your overall health.



Dental care protects – and detects

Oral issues like swollen or bleeding gums, mouth ulcers, dry mouth, or bone loss detected on x-rays can be the first signs of serious disorders.

Gum disease, for example, indicates and contributes to other conditions: 91% of people with heart disease have periodontitis; and more women with osteoporosis have gum disease than do not—evidence that gum inflammation can affect blood vessels and bone density.¹

Regular visits to your dentist can help you detect more than 120 medical conditions² and possibly identify minor problems before they become major. These include:³

Stroke

Diabetes

Pregnancy complications⁴

Respiratory disease

Cancer



The connection between oral and overall wellness is an important one: The more you do to take care of your oral health, the more opportunity you have to ensure the rest of you stays healthy, too.

Make an appointment with your dentist today to start protecting your oral – and overall – health.

¹ "Oral Health: The Mouth-Body Connection," WebMD, 2012. <http://www.webmd.com/oral-health/features/oral-health-the-mouth-body-connection?page=2>

² "Oral Health Links Breast Cancer," *Journal of Pharmacy and Bioallied Sciences*, 2011. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3178963/>

³ "Gum Disease Information," American Academy of Periodontology, PERIO.ORG, www.perio.org/consumer/gum-disease.htm.

⁴ See note 1.

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Did you know?

More than 90% of all systemic diseases have oral signs and symptoms.

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