

Take Care of Your Teeth and Mouth

Why is dental and oral health important for your overall health?

Good dental and oral (mouth) care is an important part of taking care of your health. Poor dental health can cause cavities, inflammation of the gums, gum disease, and pain. Plaque on your teeth can lead to serious problems, such as blood clots, which can block blood flow and cause heart attacks and stroke. Seeing your dentist and dental hygienist will help prevent problems so you have a healthier life.

How is dental health related to diabetes?

People with diabetes are at a higher risk for gum problems because of poor blood sugar control. As with all infections, serious gum disease may cause blood sugar to rise. This makes diabetes harder to control because you are at higher risk for infections and are less able to fight the bacteria that hurt your gums.

How can you take care of your oral health?

- Visit a dental hygienist once a year
- Brush your teeth twice a day with a fluoride toothpaste
- Floss every day
- Avoid eating and drinking sugary foods
- Quit smoking



Everyone deserves access to good dental care! If you haven't seen your dentist in over year, call soon to schedule an appointment. The Charlottesville Free Clinic also provides free dental services for those who qualify.

For more information see: www.cdc.gov/oralhealth or the Charlottesville Free Dental Clinic at www.cvillefreeclinic.org



2/18

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