

Oral Health and Total Health ::::::::::::::



Diabetics

Gum disease can make it harder to control blood sugars. Diabetics are three times more likely to have gum disease than non-diabetics.

Heart Disease

Periodontal patients are 1-2 times more likely to have a heart attack. Bleeding with brushing is not normal and is often the first warning sign of a serious problem.

Lung Disease/Breathing Problems

Bacteria in the mouth can be inhaled into the lungs, making lung disease worse and increasing the risk of pneumonia.

Stroke

The fatty blockages in the arteries of stroke victims contain the same bacteria that is found in the mouth.

Pregnancy

Pregnant women who have gum disease are seven times more likely to have premature or low birthweight babies.

Oral Cancer

Many cancers and virus' can be detected early by signs and symptoms in the mouth.

Oral Health



What You Can Do

To Help Your Overall Health:

- Daily brushing and cleaning between teeth will help reduce bacteria in the mouth.
- Visit a dentist regularly. Many health problems can be detected early by symptoms in the mouth.
- Tell your doctors about any changes in your dental health and your dentist about any changes in your overall health.
- Eat a healthy diet, limiting sugary drinks and foods. This will help prevent cavities and will help regulate blood sugar.
- Avoid tobacco products.

Healthy Teeth, Healthy Life!

