

BRUSH AWAY HEALTH RISKS

Potato Head's Smart Health Tips

Poor dental habits can have a surprising ripple effect throughout your body. Here's how a toothbrush and floss can prevent diabetes, cancer, heart disease, and more.

LOWER CANCER RISK

Postmenopausal women who've experienced periodontal disease are at increased risk for breast, esophageal, gallbladder, skin and lung cancers.

SHARPER BRAIN

People with periodontal disease were three times more likely to also have Alzheimer's disease.

LOWER BLOOD SUGAR

People with diabetes and periodontal disease may have a harder time controlling their blood glucose levels.

CLEANER LUNGS

A recent study found that hospital patients who were provided with oral care decreased instances of pneumonia by 39 percent.

STRONGER HEART

Gingivitis, an early stage of gum disease, occurs when bacteria in the mouth cause inflammation and bleeding of the gums, which can increase the risk of heart disease.

HEALTHIER KIDNEYS

There is a correlation between poor periodontal health and chronic kidney disease.

LIFELONG SEX

Men suffering from erectile dysfunction were three times more likely to be diagnosed with chronic periodontal disease.

FATTER WALLET

Every time you brush and floss, it's like adding to your 401(k). The average 20-year dental expense for an American 65+ is about \$15,340. At-home tooth care can help avoid a large chunk of that cost.

