

# 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.

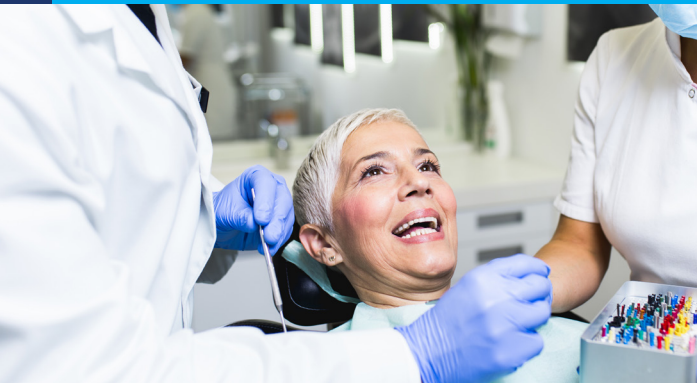
## **Pregnancy**

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!**

