

# 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.

