**How a Healthy Mouth Can Help Your Whole Body**

Did you know that staying on top of your oral health can actually help you prevent other diseases? It’s true!

**Oral health and other diseases**

Studies have shown a connection between good oral hygiene and a reduction in medical care costs for coronary artery disease, strokes, diabetes, premature births, respiratory disease, arthritis, and breast cancer.*

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Other factors that increase your risk of periodontal disease:</th>
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<td>75% of adults over 35 suffer from periodontal disease.</td>
<td>Smoking</td>
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**How Gum Disease Can Lead to Heart Disease or Stroke**

Bacteria gets into the bloodstream through weakened gums and blocks arteries causing blood clots and potential heart attacks or strokes.

**Spotting Gum Disease**

Gum disease can be hard to recognize, but regular dental checkups will help ensure your dentist spots it before it gets severe.

**Healthy Tooth/Gums**

- Pink gums
- No signs of bleeding
- Healthy bone levels

**Periodontitis**

- Plaque
- Inflamed, red gums
- Deepening pocket
- Reduced bone level

**Avoiding Gum Disease**

Overall, people with gum disease are more likely to have a chronic systemic condition. While some risk factors may be out of your control, here are some tips for avoiding gum disease:

- Brush teeth two times per day, but not too vigorously.
- Floss daily.
- Eat a healthy diet.
- Get regular dental checkups and cleanings.

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*Aetna/Columbia University study published in 2012.*