

HOW DOES YOUR ORAL HEALTH IMPACT YOUR

Overall health?



It's more than a pretty smile.

Did you know your mouth is like a **mirror** to your entire body? Many health conditions in your body, **also** show up in your mouth! Lifestyle factors like what you eat, if you drink alcohol, and if you smoke can impact the pH of your mouth, decrease saliva flow, and cause dry mouth--creating an ideal space for bacteria to grow!

Common Risk Factors to Oral and Overall

Health

Sugar and Bacteria

- Bacteria that cause tooth decay feed off sugar.
- High-sugar foods and drinks can make your mouth acidic
- An acidic mouth makes it easy for bacteria to grow!



DIET

Chronic Conditions

- People with diabetes are 2-3X more likely to develop gum disease.
- Diabetes can slow your body's healing process.
- It can also interfere with the treatment of gum disease.



Dry Mouth

- Smoking reduces saliva flow.
- Reduced saliva flow affects pH maintenance in the mouth.
- Smoking can dull taste buds.



SMOKING

Inflammation

- People who smoke have double the risk of developing gum disease.
- Non-smokers have a much lower risk of gum disease.



Eroded Enamel

- Drinking alcohol can wear away tooth enamel.
- Enamel protects teeth from decay-causing bacteria.
- Loss of enamel can lead to more cavities and tooth sensitivity.



ALCOHOL

Heart Health

People with gum disease have 2-3 times the risk of having:

- a heart attack
- stroke
- or other cardiovascular event



3 KEYS TO ORAL HYGIENE

Brushing :

- Make short back-and-forth motions.
- Brush twice a day.
- Brush for two minutes each time.



Flossing:

- Gently guide the floss between your teeth.
- Floss once a day.
- Rinse your mouth with mouthwash after.



Regular Dental Visits:

- Meet with your dentist twice a year.
- They can remove plaque that has hardened into tartar.
- Tartar can't be removed by brushing alone.

