

Your Teeth Your Health



The health of your teeth and your mouth are important for overall health.

Gum disease is a serious condition that can affect people of all ages, especially people over the age of 40. The following can increase the likelihood of developing gum disease:

- Poor oral hygiene
- Diabetes, heart disease, and cancer
- Environmental factors such as smoking and stress
- Medications that can affect the condition of the gums
- What you eat and drink



What can I do to improve my oral health?

- Brush 2 times a day for 2 full minutes
- Floss at least once a day
- If you have dentures, take them out overnight or a few hours during the day to let your gums breathe.
- Visit the dentist twice a year!

What happens when you don't brush?

- Increased plaque on the teeth & increased risk of cavities which can cause pain and tooth loss.
- Increased risk for gum disease.
- If plaque is not removed from teeth by regular brushing, bacteria from the plaque drip into the blood stream and can cause hardening of the arteries increasing the risk of blood clots and problems with blood sugar levels.

**Dental education brought to you
by the Oral Health Alliance**

Questions or concerns? Contact Amy
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