

filling YOU IN

Your Mouth is the Window to Your Body



Did you know a healthy mouth can make your heart happy? It's true. Studies show people with periodontal (gum) disease often have heart disease, though it's unknown whether one causes the other.

In its early stages, called gingivitis, gum disease can cause bleeding, redness, swelling and tenderness in the gums. If it persists, gum disease can advance to periodontitis, which can cause loss of tooth tissue.

Regularly visiting your dentist is one of the best defenses against gum disease. Taking care of your gums can help reduce inflammation, which has been linked to heart disease and stroke.

Here are some other healthy habits to help prevent gum disease and keep your heart happy:

- Brush your teeth at least twice a day with fluoride toothpaste
- Floss at least once daily
- Eat a healthy diet
- Don't smoke or use tobacco

Did You Know?

Toothpaste, mouthwash and floss all have expiration dates. Once expired, the active ingredients that fight decay and cavities may not work as well.



April



April 7 is World Health Day. Oral health and overall health are directly correlated. Keep your smile happy — by maintaining a healthy mouth, you're maintaining a healthy body.

May



May 31 is World No Tobacco Day. Smokers are about twice as likely to lose their teeth as non-smokers. Smoking can cause more dental plaque and can cause gum disease to worsen.

June



June is National Candy Month, National Fresh Fruit and Vegetables Month, and National Dairy Month. Swap fresh fruits and dairy for chewy candies for a healthier smile.