



SOMETHING TO SMILE ABOUT

Dental Health and Heart Disease

- Heart Disease is America's number one killer.
- Talk to your Dentist about heart conditions or surgeries you have had prior to treatment.
- Swollen, bleeding gums are an avenue for up to 700 types of bacteria to enter your bloodstream which can increase your chances of getting heart disease.

Dental Health and Diabetes

- If diabetes is left untreated, it can lead to serious oral health problems.
- Gum disease is two times more common and more severe in type 2 diabetics.
- Be vigilant with oral hygiene
- Get regular Dental Health checkups to spot and stop early signs of gum disease promptly.
- Check with your dental insurance provider to determine if you are eligible for an extra visit each year.

Dental Health and Pregnancy

- ADA found there may be a link between maternal gum disease and pre-term and therefore, low birth weight babies.
- Schedule dental work for the second trimester.
- Brush and floss regularly to remove excess plaque which is common in pregnancy.

Dental Health and Children

- Tooth decay affects more children in the US than any other chronic infectious disease.
 - Put only water in your baby's bottle at bedtime and naptime.
 - Avoid sugary, sticky snacks between meals.
 - Use fluoride toothpaste.
 - Visit your dentist twice a year for a checkup.