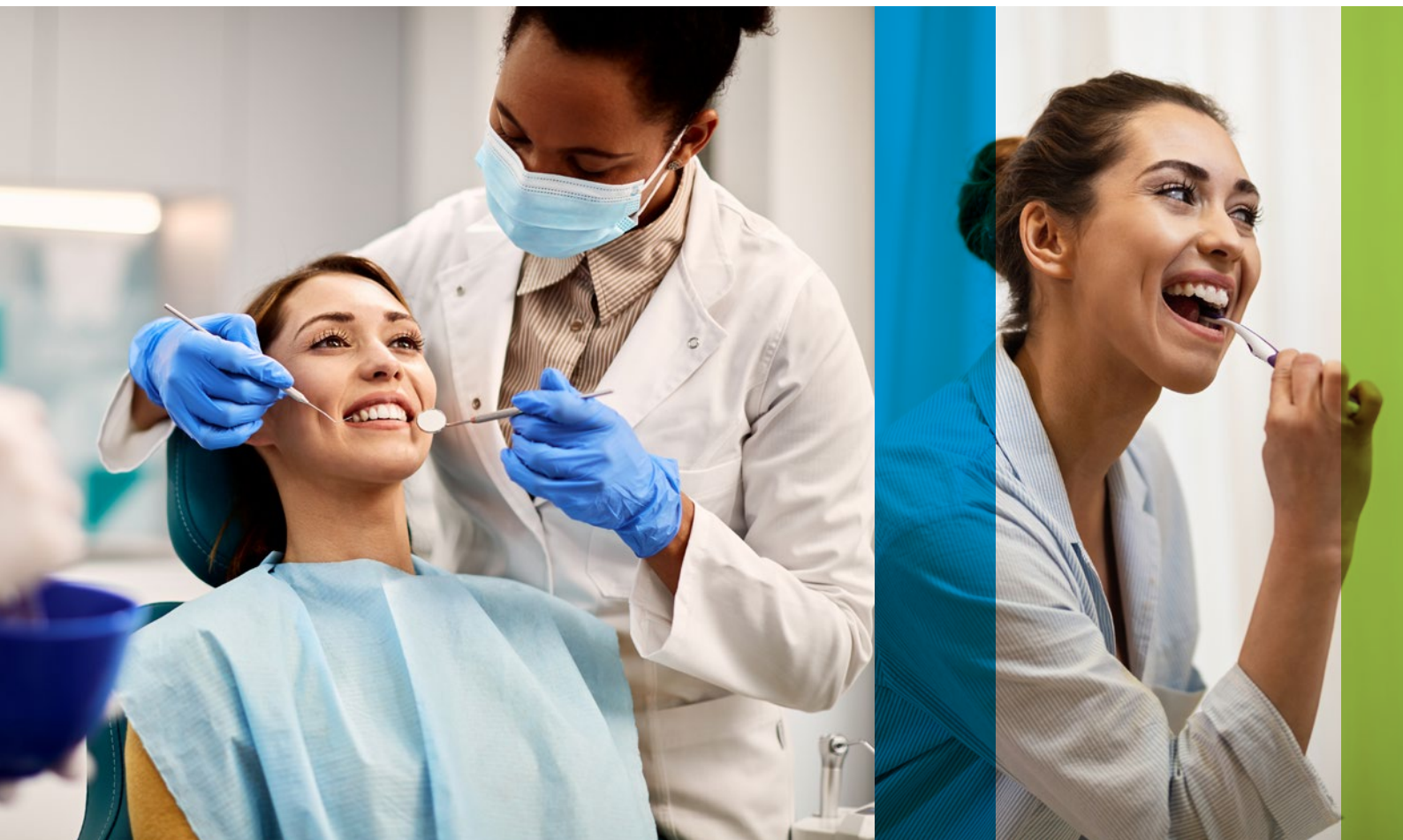


Oral Health: Take proactive steps to ensure a healthy smile and healthier you





Oral Health / Dental Health

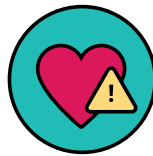
Oral health is essential to overall health. Good oral health not only improves your ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions to show feelings and emotions. Oral Health also has an impact on general health.

Here are the things that will simply show you why general health and oral health are inevitably connected:



Diabetes and Gum Disease:

Gum disease accelerates the progress of full-blown diabetes.



Mouth Bacteria and Heart Disease:

People with gum disease are more likely to experience heart diseases.



Teeth Grinding and Stress:

Stressed and depressed people are at higher risk of dental problems.



Pregnancy and Gum Disease:

Pregnant women with gum disease are more likely to have a premature baby.



Pneumonia:

Certain germs in the mouth can go into the lungs. This may cause pneumonia and other respiratory diseases.

Oral health can be compromised by a number of chronic and infectious diseases which show symptoms in the mouth. Oral diseases can lead to infection, inflammation, and other serious impacts on overall health.



A healthy smile begins at childhood

Starting early is critical to success in preserving a healthy smile for a lifetime. According to the World Health Organization, dental caries (cavities) are the most common childhood and non-communicable disease.

Worldwide,

60-90%

of school children and nearly 100% of adults have dental cavities.



What to avoid?



Avoid fizzy, sports and energy drinks. Fizzy, sports and energy drinks contain acid that attack your tooth enamel, (including the sugar-free and 'zero' varieties) and most contain sugar, which causes tooth decay. Every time you take a sip throughout the day, you start a brand new acid attack that will last 20 minutes.

What you can do



- Brush your teeth at least twice a day for two minutes each time. Use a brush with soft bristles and fluoride toothpaste. Brush your tongue too.
- Clean between your teeth daily with floss, a water flosser or other products made for that purpose.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush every 3 to 4 months. Do it sooner if bristles are worn or flare out.
- See a dentist at least once a year for checkups and cleanings. Your dentist may suggest visits or cleanings more often, depending on your situation. You might be sent to a gum specialist, called a periodontist, if your gums need more care.
- Don't use tobacco.

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