Dental Care

Healthy Smile, Healthy You



Your smile does more than make a great first impression, it's a window into your overall health. Taking care of your teeth and gums isn't just about avoiding cavities, it's about protecting your heart, managing chronic conditions, and feeling your best. The good news? A few simple habits can make a big difference.

Ways Dental Care Impacts Your Overall Health:

- **Heart health:** Gum inflammation and mouth bacteria can enter your bloodstream and are linked to a higher risk of heart and blood vessel disease and high blood pressure.
- **Diabetes management:** Gum disease and diabetes go both ways– high blood sugar can worsen gum disease, and gum disease can make blood sugar harder to control.
- **Reduce inflammation:** Treating gum disease helps lower inflammation in the body, which is tied to a range of chronic health conditions.
- **Early detection:** Regular checkups help your dentist catch cavities, gum disease, and even oral cancer early, often before you feel any pain and when treatment is easiest and least expensive.

Warning Signs:

Contact your dentist if you experience:

- Bleeding gums
- Persistent bad breath
- Tooth pain or sensitivity
- Loose teeth
- Mouth sores

Dental Care Guidelines to Follow:

- **Brushing:** Twice per day for two minutes using fluoride toothpaste.
- **Flossing:** At least once per day to remove plaque and food from between teeth where a toothbrush can't reach.
- **Replace your toothbrush:** Replace your toothbrush or electric toothbrush head every 3–4 months.
- **Visit the dentist regularly:** Schedule a dental checkup and cleaning every six months or as recommended by your dentist.
- **Skip tobacco:** Always skip tobacco products to lower your risk of gum disease and oral cancer.

Your dental health is about more than your smile. A few minutes of daily oral care can help protect your teeth, gums, and overall health for years to come.

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