

health tip: Healthy Smiles Equals Healthy Bodies

Oral Health is critical to whole body health, especially for children.

Dental visits can provide key diagnostics - identifying diabetes and other chronic diseases - and, taking care of your mouth is one of the best ways to prevent a wide range of health problems.

Here are ailments that are linked to poor oral health - so take care of your pearly whites!

## **Heart Disease**

Those with gum disease are 2X likely to have heart disease.

## **Stroke and Blood Clots**

Periodontal disease (gum disease is one of the most common, preventable diseases in adults) increases susceptibility of stroke and blood clots.

## **Respiratory Disease**

Bad bacteria from the mouth can be an agent for pneumonia and bronchitis.

## **Diabetes**

Periodontal disease disrupts the control of blood sugar.

# **Kidney Disease**

Harmful bacteria from poor oral hygiene can weake kidneys.

