



# Healthy Smile, Happy Life.

Oral health is part of overall health, and the foundation for a healthy and active lifestyle. When our mouths, gums or teeth aren't healthy, our bodies may be more susceptible to other serious conditions. It's a simple truth: Healthy smile, happy life.

## Is Your Overall Health at Risk?

- Almost 40% of American adults will experience moderate to severe periodontal (gum) disease.\*
- Gum disease is caused by bacteria that form plaque on your teeth.
- Left untreated, these bacteria can infect the tissues surrounding and supporting your teeth.
- Gum disease has been associated with diabetes, heart disease, stroke and other health problems.

Keeping your smile healthy is an important step in keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral wellness and overall health throughout the year, make sure to bookmark **DeltaDentalAZ.com**.

\* Source: CDC Morbidity and Mortality Weekly Report Supplements - November 22, 2013 / 62(03);129-135 Periodontitis Among Adults Aged ≥30 Years — United States, 2009–2010)