The Mouth Body Connection

We all know that brushing and flossing is a good idea to ensure the health of our teeth. But did you know that in addition to saving your teeth, taking care of your mouth and preventing periodontal disease could save your life?

Periodontal disease is a bacterial infection. When periodontal bacteria enter the blood stream, it travels to major organs throughout your body and can lead to serious health conditions. Research on the American Academy of Periodontology website (www.perio.org) suggests that periodontal disease may:

- Contribute to the development of **HEART DISEASE**, which is the nation’s leading cause of death
- Increase the risk of **STROKE**
- Increase a woman’s risk of having a **PRE-TERM, LOW BIRTH WEIGHT BABY**
- Pose a serious threat to people whose health is compromised by **DIABETES, RESPIRATORY DISEASES, or OSTEOPOROSIS**

Prevent Gum Disease
- Brush gently for three to five minutes, at least twice a day, with fluoride toothpaste
- Floss daily to remove plaque from areas that your toothbrush can’t reach
- Eat food that promote healthy teeth and gums, including foods rich in vitamins A, C and calcium
- Use your Delta Dental of Arizona dental benefit plan to receive regular dental checkups and professional cleanings

Get a Periodontal Evaluation, especially if you:
- Have heart disease, diabetes, respiratory disease or osteoporosis
- Are thinking of becoming pregnant
- Have a family member with periodontal disease
- Have a sore in your mouth or irritated gums that does not improve or clear up within two weeks

Source: The American Academy of Periodontology

Check your Delta Dental of AZ benefits on-line 24/7 at:

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