

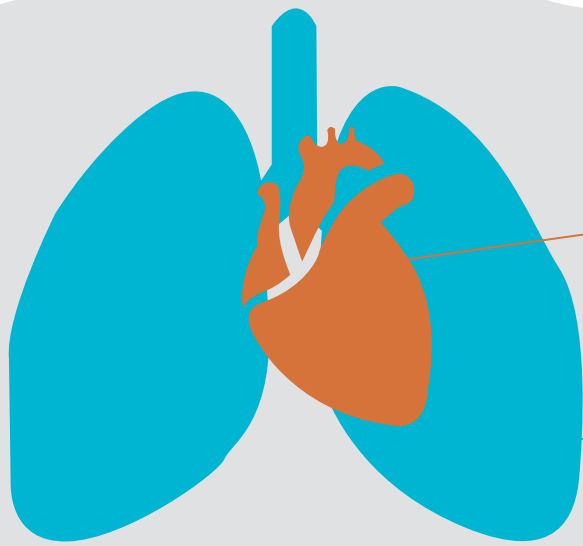


The secret to long-life is all in your head. Like literally.



Brain

Overall health starts at the top. Periodontal disease may increase the risk of stroke. Research has shown that harmful bacteria in the mouth can make a person more susceptible to developing blood clots and can eventually increase the chance of a stroke.



Heart

Reducing cholesterol and avoiding disease is at the heart of the matter. Periodontal disease may increase the risk of cardiovascular disease and fatal heart attacks. In fact, those with gum disease are almost twice as likely to suffer from heart disease as those with healthy gums.

Lungs

Breathe in the healthy facts. Poor oral health may worsen respiratory illnesses by promoting growth of harmful bacteria that can be transported to the lungs. When the germs reach the lungs, they can breed and multiply to cause pneumonia and bronchitis.



Pancreas

Diabetics are at a greater risk for periodontal disease. Periodontal disease may disrupt the control of blood sugars, which can increase the likelihood of serious complications, such as heart and lung diseases.



Kidneys

Help them keep it a fair fight. Bacteria often enter the body through the mouth. With poor oral care, infections progress faster. This increases the disease the kidneys must fight off.

Find out how your oral health impacts your overall health (and how dental benefits from Delta Dental of Idaho can improve both) by visiting deltadentalid.com.



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Dental care tips for healthier teeth

- 1 Brush your teeth at least twice a day
- 2 Floss your teeth to remove plaque
- 3 Limit sugary foods to avoid tooth decay
- 4 Quit smoking and drinking to avoid yellowing teeth
- 5 Regular dental visits for preventative care

Sources

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