



HEALTHY SMILE, HAPPY LIFE

Oral health is part of being well, 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 serious disease. It's a simple truth: **Healthy smile, happy life.**

Is Your Oral Health Putting Your Overall Health at Risk?

- About 40% of American adults experience some form of moderate to severe periodontal (gum) disease.
- Gum disease is caused by bacteria that form plaque on your teeth.
- Left untreated, plaque can severely infect the gums and lead to tooth loss.
- And, researchers have associated gum disease with many different health problems, including diabetes, heart disease, stroke and more.

How To Help Prevent Gum Disease

- Brush your teeth gently for two minutes twice a day with a soft-bristled brush.
- Make sure you brush not only your teeth, but along and just below your gum line.
- Floss at least once daily to clean between your teeth.
- If you smoke, find a program to help you quit for good.
- See your dentist regularly for checkups and preventive care.

Healthy Smile, Happy Life: Keeping your smile healthy is the first 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 deltadentalmn.org/oral-health.

