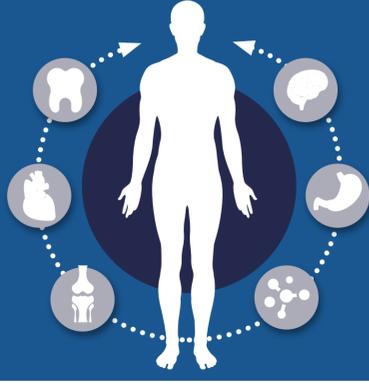


# THE ORAL-SYSTEMIC CONNECTION

ORAL HEALTH'S CONNECTION TO TOTAL HEALTH



There is an important connection between the health of your mouth and health of your body. This is called the oral-systemic connection. This simply means that oral health impacts your overall health, and systemic health (the presence of various diseases and disorders) can affect your oral health. With your mouth as the "gateway to your body," we will learn how the two are intricately linked.

## WHAT ARE THE WARNING SIGNS OF POOR ORAL HEALTH?

Cavities and gum disease are both bacterial infections that will progressively get worse without help from your dentist.



### CAVITIES

Sticky plaque buildup leads to decay and bacterial infections of the hard tissues of the teeth (the enamel and underlying dentin). Cavities, or tooth decay, is thought to be the most common infectious disease in the world.



### GUM DISEASE

Officially called periodontitis, this disease happens when bacteria in your mouth produces toxins, which seep into the gum tissue. The human body's response to this infection is chronic inflammation and tooth loss.

## WHAT ARE THE CONSEQUENCES OF POOR ORAL HEALTH?

Mouth diseases not only cause local problems but can also cause serious problems throughout the body.

### ORAL CONSEQUENCES



Dental problems can cause **pain**, but you can also have severe dental disease without noticeable symptoms.



Losing a tooth not only removes a portion of your chewing force; it also creates additional **stress on the remaining teeth**.



**Loss of teeth** can have a negative impact on your smile and the appearance of your face.



**Chewing** is the important first step in digestion. Those who lose multiple teeth can suffer from **digestive problems** from under-chewed food reaching the stomach.

### SYSTEMIC CONSEQUENCES

Periodontal disease is a chronic inflammatory disease that affects your immune system, your body's ability to heal, and your risk for most types of cancer.

**Chronic inflammation** is always bad, no matter what part of the body it affects.

Countless scientific research studies show a significant link between oral health and systemic diseases, like:

- Heart attack
- Stroke
- Diabetes
- Alzheimer's

A recent study links poor oral health with a greater risk for complications with **COVID-19**

## WHAT ARE THE BENEFITS OF GOOD ORAL HEALTH?



### ECONOMIC

Someone who commits to great oral healthcare at home will save a significant amount of money in dental care over a lifetime. It is much less expensive to prevent dental problems through consistent maintenance than to repair them after they occur.



### SOCIAL

A healthy smile greatly improves our confidence, appearance, and self-esteem. When a beautiful smile is seen by a stranger, we associate that person with being friendly, happy, and hygienic.



### PSYCHOLOGICAL

An insecure smile can lead to embarrassment and social anxiety. Many studies have shown the simple act of smiling releases endorphins in our brain that act as an antidepressant. When sad, forcing a smile has been proven to lower stress, decrease heart rate, and boost your mood overall!



### PHYSICAL

A healthy mouth promotes a healthy body! Good oral health allows you to eat a balanced diet without restricting certain foods due to temperature or a tough texture. Strong teeth successfully complete the first stage of digestion by chewing your food properly.

## HOW CAN I MAINTAIN GOOD ORAL HEALTH?



### PROPER BRUSHING TECHNIQUE

Your job in ensuring healthy teeth and gums is to brush and floss regularly with proper form. When plaque remains on the teeth, it begins to harden into a different substance known as tartar or calculus. Tartar will not come off with a toothbrush and floss alone. In order to intercept this process, plaque must be removed every single day.



### A BALANCED DIET

Limit your intake of sweets, alcohol, and highly acidic beverages that wear on your enamel. Instead, try foods like cheese, almonds, and spinach, that are high in calcium and promote strong bones. And drink plenty of water! Plain water stimulates saliva production, helping your mouth naturally fight disease and plaque buildup.



### CONSISTENT DENTAL VISITS

Most dental complications do not cause noticeable symptoms until they require serious and expensive treatment. The only way to ensure you do not develop a progressing dental problem is to maintain consistent visits with your dentist. You should have professional teeth cleanings regularly so your dental hygienist can remove any missed plaque and/or tartar buildup.



### FULL-BODY WELLNESS

To maintain a healthy, beautiful smile, it's important that your whole body is in good shape. Patients who suffer from physical conditions like GERD, diabetes, and even anxiety, should speak to their dentists about how to protect their teeth. Hidden side effects and prescription medications can create additional areas of concern in your mouth.

**BEGIN TODAY**

The link between your oral health and overall health is clear. By prioritizing your oral health today, you can make great strides towards improving your oral-systemic connection for life.

**WANT TO KNOW MORE? GET IN TOUCH!**

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