

# TAKING CARE OF YOUR ORAL HEALTH IS ABOUT MORE THAN YOUR MOUTH

## STROKES

Gum disease, missing teeth and other signs of poor oral health, as well as poor brushing habits and lack of plaque removal, **increase stroke risk.**

## LUNG CONDITIONS

There is a clear link between poor oral health and **respiratory disease.**

## PREMATURE BIRTH

Women who went into **early labour** recorded gum health scores four times lower than those who had a timelier birth. They also had eight times more plaque.

## ALZHEIMER'S

Studies suggest that the bacteria that causes gum disease are also associated with **developing Alzheimer's.**

## HEART DISEASE

Bacteria present in gum disease can travel throughout the body, triggering **inflammation in the heart's vessels** and infection in heart valves.

## DIABETES

**People with diabetes** have a higher chance of having periodontal (gum) disease.



### FOR A HEALTHY MOUTH & BODY...

- Brush twice a day.
- Clean in between your teeth.
- Visit the dentist.



Learn more about your oral health at

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