



# Dental Hygiene and Physical Health

## CONDITIONS LINKED TO ORAL HYGIENE

- DIABETES
  - INDIVIDUALS WITH GUM DISEASE HAVE DIFFICULTY CONTROLLING THEIR BLOOD SUGAR
- PREGNANCY AND BIRTH COMPLICATIONS
  - GUM INFECTIONS MAY LEAD TO PREMATURE BIRTH AND LOW BIRTH WEIGHT
- PNEUMONIA
  - SOME ORAL BACTERIA CAN BE BROUGHT TO THE LUNGS AND CAUSE RESPIRATORY DISEASES
- OSTEOPOROSIS
  - LINKED WITH BONE AND TOOTH LOSS
- ENDOCARDITIS
  - INFECTION OF INNER LINING OF HEART CAUSED BY ORAL BACTERIAL SPREADING THROUGH BLOODSTREAM AND ATTACHING TO AREAS IN THE HEART



## HOW CAN YOU PROTECT YOUR ORAL HEALTH?

- BRUSH YOUR TEETH AT LEAST TWICE A DAY
- FLOSS DAILY
- EAT A HEALTHY DIET
- REPLACE YOUR TOOTHBRUSH EVERY THREE MONTHS
- AVOID TOBACCO USE

