Good oral hygiene is essential. Be sure to brush and floss twice a day.

The vital connection between oral health and overall health

Did you know?
Nearly half of U.S. adults over the age of 30 have some form of gum disease.

Why it matters
Poor gum health and tooth loss can affect your overall health. Research has linked gum disease to cardiovascular disease, diabetes and strokes. Both can increase your risk for a variety of chronic conditions and health issues, including:

- **Dementia** related to gum disease
- **Cardiovascular disease** related to gum disease
- **Respiratory disease** worsened by gum infection
- **Kidney disease** more common with tooth loss
- **Rheumatoid arthritis** linked to unhealthy gums
- **Mental health** affected by untreated cavities and tooth loss
- **Glaucoma** linked to gum disease
- **Acid reflux** can be detected from tooth damage
- **Migraines** connected to oral bacteria
- **Diabetes** can develop or worsen with unhealthy gums
- **Pre-term baby** more likely to occur in women with gum disease

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