Oral Health affects your Overall Health!







Healthy Teeth and Gums

Cavities

Gum Disease

Dental Cavities

- When you eat sugary foods, bacteria in the mouth turn the sugar into acid. The acid eats holes in teeth and makes cavities.
 Cavities can lead to serious infections.
- The more often you eat sugary foods the more likely cavities will form.

Gum Disease

- Bleeding gums are one of the first signs of gum disease.
- If not treated, gum disease can cause teeth to become loose. These teeth often have to be taken out.

Preventing Cavities and Gum Disease

- Eat only sugar free snacks between meals.
- Avoid sugar containing drinks between meals such as juices and soda. Drink water and milk.



- Clean between your teeth every day with floss or toothpicks.
- See a dentist twice a year for cleanings and check ups.

Cavities and Medications

- Many medications make your mouth dry which can lead to more cavities.
- Medications causing dry mouth include those for depression, high blood pressure, pain, allergies and heart problems.
- If you take medications that cause dry mouth be very careful to prevent cavities.
- Ask your dentist or physician about fluoride containing mouthrinses and gels to protect your teeth.
- Brush your teeth twice a day with a fluoride toothpaste.

Your Mouth and Overall Health

- If you are pregnant, untreated gum disease may cause you to deliver your baby too early.
- You can pass cavities on to your children. Take care of your teeth to help your children have healthy teeth.
- If you have diabetes you are at high risk for gum disease. Gum disease may make it more difficult to control your blood sugar.
- A person with gum disease may be at greater risk for heart disease.
- To help prevent **oral cancer** avoid or limit tobacco and alcohol.



