



Smile, you're going to live longer!

Good oral health = Good heart health.

You've always known that brushing and flossing your teeth was important. Good oral care is essential, of course, if you want to avoid cavities, gum disease and worse.

But now researchers are learning that taking care of your mouth can help your whole body. It might even extend your life.

If you have gum disease, you may be at a higher risk for heart attacks and strokes. The bacteria that cause gum disease can spread through your bloodstream and lead to the formation of blood clots. These clots can then cause heart attacks and strokes.

More than 75 percent of Americans over age 35 have some form of gum disease and are at increased risk for heart disease.

You can lower your heart-disease risk by taking good care of your mouth:

- ~ Brush your teeth twice a day with fluoride toothpaste;
- ~ Floss every day;
- ~ Limit sugary snacks and drinks;
- ~ Visit your dentist regularly for check-ups and cleaning.

*Source: Mississippi State
Department of Health.*

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