



Oral health is part of your total health

Healthy teeth and gums not only give you a shining smile – they also affect the health of your whole body. Here's how:

Tooth decay and tooth loss

- Tooth decay can lead to infections, painful surgeries, and tooth loss.
- Tooth loss is common. More than half of adults ages 20 to 64 have lost at least one tooth (not including wisdom teeth).*
- Losing a tooth can make it harder to speak, eat, and chew.

Heart disease

- Gum disease may increase the risk for heart disease. It can also make some heart conditions worse.

Diabetes

- Gum disease can be an early sign of diabetes.
- People with diabetes are more likely to have serious gum disease and other oral health problems.

To keep your mouth, teeth, and gums healthy:



Brush twice a day.

Use a toothpaste with the American Dental Association (ADA) Seal.



Floss daily.

You can use a floss pick if you find it easier.



See your dentist.

Get regular cleanings and checkups.

*Bruce A. Dye et al., "Dental Caries and Tooth Loss in Adults in the United States, 2011-2012," National Center for Health Statistics, May 2015.