

Dental Health Month

Brush up on dental health!

Did You Know

Studies show that people who don't brush their teeth at least once a day are 65% more likely to develop dementia or Alzheimer's.

Good Oral Health Is Important

And not just for your mouth!

Brushing your teeth every day is something we all know we should do, but did you know that gingivitis isn't the only problem that can arise if you don't? A study performed in November 2013 by the Columbia University's Mailman School of Public Health has linked increased risk of heart disease and atherosclerosis to those with poor oral hygiene or periodontal disease.

These links have been made based on the fact that gingivitis and periodontal disease lower your immune system's reaction time to outlying parts of the body as well as enable bacteria from your mouth to travel to your lungs and then to the heart through oxygenated blood.

Keep your gums, teeth, and body healthy by following these brushing and flossing tips:

- **Brush twice daily!**
It seems simple enough, and it is. Brushing twice a day for at least two minutes can reduce the chances of getting periodontal disease. Brushing daily can also keep dementia at bay by engaging the brain's memory center.
- **Floss and rinse, it's important.**
Flossing daily can help make sure you get as much bacteria as possible. Flossing before brushing can help toothpaste clean more efficiently between the teeth. Using an anti-microbial mouthwash after each time you brush and floss can help protect the mouth further.
- **See the dentist at least twice a year.**
Having a dentist clean your teeth is important, dentists have the tools needed to get a more complete clean. Dentists are able to remove more plaque than can be removed by regular brushing alone.

Keeping the teeth and gums healthy is just one of many ways to maintain your health. Remember early detection and treatment will help maintain mouth health and instill healthy oral care practices.

For questions relating to oral health and how it can affect your overall health speak with your dentist and physician.

References

1. <http://www.mayoclinic.org/dental/art-20045536>
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3. <http://www.ada.org/5578.aspx>
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5. <http://www.mailman.columbia.edu/news/brushing-your-teeth-could-prevent-heart-disease>