



TIPS AND TRICKS SERIES

More Than a Smile

Your oral health is connected to your overall health.

What's the connection?

Your mouth is part of your body. Some health conditions can affect your teeth and gums, and oral health problems may be linked with other health conditions.

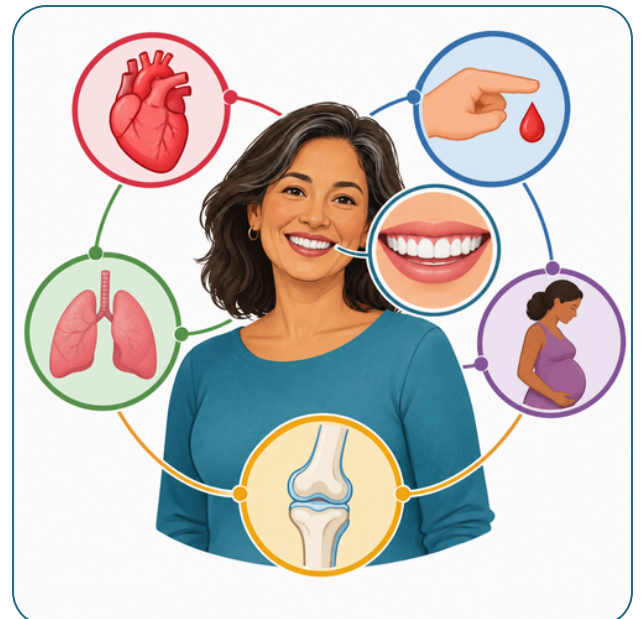
Oral health has connections with:

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|  Diabetes |  Respiratory health |
|  Heart health |  Rheumatoid arthritis |
|  Kidney health |  Pregnancy |
|  Alzheimer's disease and other dementias | |

Some connections are better understood than others, and researchers continue to learn more.

Take care of your mouth—and the rest of you

- Brush twice a day with fluoride toothpaste.
- Clean between your teeth every day.
- Get regular dental care.
- Tell your dental team about your health conditions and medicines.
- Tell your medical team about ongoing problems with your teeth or gums.
- Don't ignore changes in your mouth. Bleeding or swollen gums, pain, sores that don't heal, or other changes should be checked.



Did you know?

Your dental team needs to know about your overall health. Your medical team also needs to know about changes or problems in your mouth.

Want to learn more?

Look for these Tips & Tricks:

- Diabetes & Oral Health
- Pregnancy & Oral Health
- Cancer Treatment & Your Mouth