

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.

