



PROTECT YOUR SMILE AND YOUR HEART

Failing to brush your teeth and floss won't just give you bad breath – it might lead to heart disease.

Oral hygiene is a key component of your overall health. Poor oral hygiene can lead to infections in your mouth, bacteria and gum disease, which can result in more serious health conditions like clogged arteries, stroke and heart disease.

The bacteria that infect the gums and cause gingivitis and periodontal disease also travel to blood vessels elsewhere in the body where they cause blood vessel inflammation and damage. Both of which can cause tiny blood clots, heart attack and stroke to occur more easily.

The good news is you can reduce your heart risk simply by following dentist-recommend best practices, such as:

- Brush your teeth at least twice per day
- Floss daily
- Use mouthwash after brushing and flossing
- Avoid foods with added sugars
- Replace your toothbrush every three months
- Visit your dentist twice a year

And if you're thinking "I have great oral hygiene so I don't need to see the dentist," think again. Your regular dentist appointments look for things like gum disease and gingivitis that you can't always catch on your own. And, let's be honest, your hygienist is giving you a deeper clean than you can achieve at home.

To find a list of in-network dentists visit: