

# A HEALTHY MOUTH AND BODY GO HAND-IN-HAND



**Taking good care of your mouth – the teeth and gums -- does more than help you have a bright smile. It also helps keep you healthy and reduces your risk for many diseases.**



The mouth contains bacteria that is mostly harmless. It can be kept under control through daily brushing and flossing and regular visits to the dentist. But without proper oral care, bacteria can reach levels that can cause tooth decay and gum disease.

Severe gum disease can lead to tooth loss. It can also lead to other conditions such as diabetes and heart disease. Gum disease has been linked to pregnancy and birth complications. And bacteria in the mouth may cause pneumonia and other lung diseases.

To protect both your oral health and your overall health, practice good oral hygiene. Follow these habits to keep your mouth – and your body – in tip-top shape.



**Brush your teeth at least twice a day using fluoride toothpaste**



**Floss daily**



**Eat a healthy diet**



**See the dentist every six months**