

YOUR SMILE HEALTH = YOUR BODY HEALTH

8 tips to save your smile and your life



TIP - SIP IT THEN SWISH IT.

Simply swishing your mouth with mouthwash or even water helps reduce acids, sugars and food particles that can be harmful to your body!

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

120 systemic body diseases originate in the mouth.¹ (Journal of Ahima, 2010)

TIP - DON'T RUSH IT. BRUSH IT!!

Don't rush through brushing your teeth. If you don't have an electric toothbrush with a timer, set a stopwatch. The American Dental Association recommends brushing for two minutes.

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

Gum (periodontal) disease is associated with diabetes and cardiovascular disease.² (American Academy of Periodontology, 2012)



TIP - USE FLUORIDE TOOTHPASTE!

Just about everyone agrees it's a big help!

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

More soft tooth plaque increases your risk of a heart attack!³ (Journal of Immunology Research, 2014)

TIP - MÁS AGUA, POR FAVOR!

Since your body is about 60% water, it's the best thing you can drink to maintain an awesome smile and healthy body. Makes sense, right? Right.

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

Losing over ½ of your teeth by age 60 can double your risk of dementia.⁴ (Inside Dentistry, 2015)



TIP - CUT DOWN ON THE SWEETS.

Your mom probably told you this when you were growing up! This tip's an oldie but a goodie. Sugars and acids can cause tooth and gum problems.

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

Nearly 40% of pregnant women have some form of gum (periodontal) disease. Periodontal treatment before the second trimester has been shown to reduce pre-term and low weight deliveries by 80%.⁵ (Journal of Periodontology, 2002 & 2011)

TIP - SEE THE DENTIST AT LEAST 2X PER YEAR.

We all have our excuses for ducking the dentist. But going more regularly helps keep your teeth, smile and whole body healthy!

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

Seeing your dentist throughout the year helps you spot problems before they require expensive treatments.⁶ (Mouth Healthy)



TIP - CLEAN YOUR TONGUE!

Lots of plaque and bacteria hang out on your tongue, even after you brush your teeth. Add a tongue scraper to your dental care kit!

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

It's estimated that tongue residues cause 50% of halitosis (bad breath) cases.⁷ (Journal of Periodontology, 2004)

TIP - FLOSSING IS MORE THAN A DANCE MOVE!

It's just as important to your routine as brushing your teeth. Grab some floss the next time you're bingeing your favorite show.

! YOUR SMILE HEALTH = YOUR BODY HEALTH FACT

Flossing regularly can add years to your life!⁸ (Business Insider, 2015)

