

8 Reasons to Pay Attention to Your Oral Health

There is a connection between your oral health and overall wellness.

Most people know that brushing twice a day can help prevent cavities. But good oral hygiene is about more than just your teeth. Research has shown that when your mouth is healthy, there's a good chance your overall health is good, too. The opposite is also true.

When your oral health is poor, you're at risk for a variety of health issues, such as:

Heart Disease

Research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections caused by oral bacteria.

Pneumonia

If bacteria in your mouth finds its way into your lungs, it can cause pneumonia and other respiratory diseases.

Poorly-Controlled Diabetes

People who have gum disease have a harder time controlling their blood sugar levels.

Oral and facial pain

Discomfort or pain in your jaw can be caused by infection of the gums and can lead to tooth loss.

Digestive issues

The physical and chemical process of digestion begins in the mouth with chewing and saliva, so poor oral health can have a direct impact on digestive health.

Erectile dysfunction

Chronic periodontal disease is known to be linked to ED as inflamed blood vessels can block the flow of blood to the genitals.

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Rheumatoid arthritis

According to the National Rheumatoid Arthritis Society, people with gum disease are four times more likely to have rheumatoid arthritis.

Oral cancer

Smoking and tobacco use are bad for your oral health and can lead to cancer of the mouth or throat.

Fortunately, there are things you can do to take good care of your mouth. In addition to brushing and flossing, don't smoke or chew tobacco, be sure to eat a healthy diet for optimum nutrition, and see your dentist twice a year. Tell your dentist about any health concerns you may have, even if they seem unrelated to your oral health.

And remember, routine preventive dental care is included in all Care N' Care plans without the need for members to purchase a supplemental rider.