EmblemHealth

Oral Health Matters: Dental Care Facts

Dental care means more than just a bright smile.

Oral health is an important part of your overall health. Your mouth is the gateway to your body. Problems with your mouth, gums, and teeth can impact the rest of your body, including your heart, lungs, and even your brain. Invest in yourself and take care of your teeth.

The connection between dental and overall health

- Gum disease increases the risk of **stroke and heart attack** by two to three times due to plaque buildup in the arteries.
- People with **diabetes** are two to four times more likely to develop periodontal disease due to high blood sugar levels. Also, gum disease can make it harder to control blood sugar.
- Long-term gum disease may increase **Alzheimer's risk** by up to 70% due to bacteria entering the bloodstream and going to the brain.

Don't ignore the signs

- Bleeding gums.
- Persistent bad breath.
- Tooth pain or sensitivity.
- Loose teeth.
- Swollen or receding gums.

What you can do

- Brush twice daily, for at least two minutes.
- Floss daily to remove plaque buildup between your teeth.
- Replace your toothbrush every three months.
- Limit sugar intake and eat a healthy diet.
- Visit your dentist regularly.

Prevention is power

Regular dental check-ups help:

- Keep your smile bright.
- Prevent tooth decay and gum disease.
- Screen for oral cancer.
- Maintain health conditions.



What problems could poor dental health cause?

- **Heart disease.**
- **Mouth cancer.**
- **Diabetes.**
- **Gum disease.**
- **Tooth loss.**
- **Tooth decay.**
- **Bad breath.**
- **Lung conditions.**
- **Strokes.**

Need a dentist?

We can help you find an in-network dentist near you.

This publication by EmblemHealth is to inform members of current health issues and improve the use of services. This information should not replace the care and advice of your doctor. Always talk to your doctor about your personal health needs. Please consult your contract or certificate of coverage for details about dental services coverage. Coverage is subject to all terms, conditions, limitations, and exclusions set forth in the contract or certificate of insurance.

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