

What is Your Mouth Telling You?

The CDC states that more than 40% of adults have felt pain in their mouth in the last year. So, it's easy to see why you should be brushing, flossing, and rinsing regularly. But these tasks could do more than just keep teeth clean – they could also help protect you from other chronic conditions.

Though the connection between oral hygiene and other certain chronic conditions is still being debated, evidence has shown a correlation between the two. Periodontics disease has been linked to conditions such as heart disease, diabetes, dementia, and rheumatoid arthritis. In addition, gum disease has been linked to poor heart health, including heart attacks.

Some researchers believe that one link can be found when oral bacteria escapes into the bloodstream, injuring major organs. It's also thought that inflammation related to oral conditions can lead to inflammation in other parts of the body.

Whether the connections prove to be coincidence or a direct link, MedBen WellLiving has always suggested being proactive. Properly cleaning your teeth and gums, monitoring changes in your mouth such as red, inflamed gums, bleeding, or sores that will not heal, as well as visiting your dentist twice a year are highly recommended.

If you have concerns with your oral health or want more information on how to properly care for your mouth, pay a visit your dentist or family physician.



What You Eat Does Matter

Help to keep your teeth healthy and strong through the food you eat.

- Cheese and nuts help to protect tooth enamel by providing the calcium and phosphorus needed to remineralize teeth.
- Apples and pears have a high water content, diluting the sugars they contain. They also stimulate the flow of saliva, washing away food particles and buffering acid.
- Fluoride helps to prevent cavities. Some communities even add it to their water systems to ensure residents receive the perfect amount.
- Chewing sugarless gum helps to remove lodged food.
- Strawberries are brimming with gum-building vitamin C.
- Oranges help to strengthen blood vessels and connective tissues within the gums.



SOURCES: WebMD, CDC, LiveStrong, JoyBauer.com