



Oral Health and Overall Wellbeing

Dental health is more than just maintaining a nice smile. Oral health impacts your overall health, and overall health impacts your oral health.

If you think about it, your mouth is the entry point for your organs in both your digestive and respiratory tracts.¹ Your digestive organs, the ones that process food, and respiratory organs, the ones that allow for breathing, are essential to sustaining life and wellbeing. Poor oral health can leave your body susceptible to germs that gather in your mouth.¹

Regular brushing and flossing help to reduce germs in our mouth and prevent problems such as cavities or gum disease.¹ Oral germs have also been linked to other chronic conditions such as cardiovascular disease, pregnancy or birth complications, as well as pneumonia.^{1,2}

Conversely, managing certain chronic conditions, such as diabetes or cancer, may make you more susceptible to increased risk of poor oral health.^{1,2} It is important to pay attention to and care for our mind, our body, and our mouths!

Ways to care for oral health:

- *Eat a nutritious diet*
- *Limit sugary drinks and food*
- *Brush your teeth twice a day*
- *Floss each day*
- *Avoid tobacco and alcohol*
- *Replace your toothbrush or toothbrush head consistently*
- *Visit a dentist regularly, especially during pregnancy*



Take a moment to review your dental benefits, find an in-network provider, and schedule your next appointment - your health, smile, and future self will thank you.

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. Mayo Clinic Staff. (2024, March 14). Dental health: Adult oral health. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>

2. Centers for Disease Control and Prevention. (2024, May 15). Oral health tips for adults. <https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-adults.html>