

Dental Hygiene and Your Overall Health

Proper oral care is essential for the well-being of your teeth and gums, as well as your overall health. It helps prevent oral infections, tooth decay, gum disease, and related conditions, while supporting the strength and vitality of your teeth and gums.



Here Are Some Ways Dental Hygiene Can Affect Your Overall Health:



Help cardiovascular health. Gum disease inflames the body, including the heart's soft tissues. Plaque and bacteria from the gums clog arteries, increasing the risk of severe heart attack or stroke.



Decrease the risk of experiencing dementia. Poor dental hygiene can lead to tooth decay, tooth loss, and potential memory loss that may develop into dementia.



Improve respiratory conditions. Mouth bacteria can travel into the bloodstream and into your lungs, directly impacting your respiratory system. Good oral hygiene can help prevent unwanted bacteria from traveling further into your body.



Lower the risk of diabetes. People with gum disease are more prone to diabetes, and vice versa. It's important to maintain good oral hygiene if you have diabetes to prevent infections.



Prevent some infertility risks. Maintaining good oral hygiene can increase your odds of a normal pregnancy by preventing gum disease and associated infertility issues like premature birth and low birth weight.