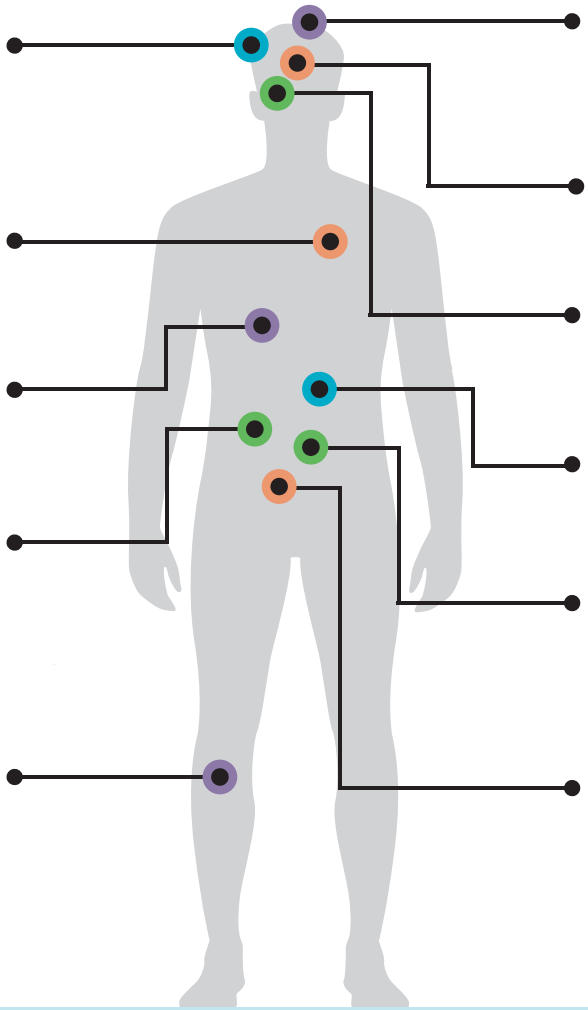
DELTA DENTAL®

The vital connection between **oral health** and **overall health**

Did you know?
Nearly half of U.S. adults over the age of 30 have some form of gum disease.

Why it matters

Poor gum health and tooth loss can affect your overall health. Research has linked gum disease to cardiovascular disease, diabetes and strokes. Both can increase your risk for a variety of chronic conditions and health issues, including:



Dementia
related to gum disease

Cardiovascular disease
related to gum disease

Respiratory disease
worsened by gum infection

Kidney disease
more common with tooth loss

Rheumatoid arthritis
linked to unhealthy gums

Migraines
connected to oral bacteria

Mental health
affected by untreated cavities and tooth loss

Glaucoma
linked to gum disease

Acid reflux
can be detected from tooth damage

Diabetes
can develop or worsen with unhealthy gums

Pre-term baby
more likely to occur in women with gum disease

Good oral hygiene is essential. Be sure to brush and floss twice a day.

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