

## YOUR MOUTH: A PORTAL TO YOUR BODY.

We used to think that tooth loss was the worst possible outcome of periodontal disease. But increasingly, research is uncovering the link between periodontal disease—disease of the gums and supporting bone—and overall health.

Some studies even suggest that periodontal disease could be yet another risk factor for heart disease. According to research, the reason for this elevated risk may be the result of bloodstream contamination from bacteria, bacterial by-products and chemicals that are released from certain cells.

Cardiovascular disease—heart disease, diseases of the blood vessels and stroke—is **responsible for one-third of all deaths in Canada** and costs the economy **\$18 billion every year.**



www.cdha.ca

## CAN MY DENTAL HYGIENIST HELP?

Of course!

Your dental hygienist is a licensed oral health-care professional who can work with you to develop a program of good oral hygiene.

Research continues to uncover evidence that links oral health to overall health. And it is becoming increasingly obvious that tooth loss can be just the start of health problems associated with periodontal disease.

### A VISIT TO YOUR DENTAL HYGIENIST CAN HELP ENSURE A LIFETIME OF HEALTHY GUMS AND TEETH.

Your dental hygienist will assess your health history, examine your head and neck, and check your mouth, gums and teeth. With your input, the dental hygienist will then develop an oral hygiene care plan that includes prevention and treatment therapies to ensure the best oral health possible. If necessary, your dental hygienist may refer you to other health-care providers.

You can't afford to wait—why not make an appointment today?

## 5 EASY STEPS TO GOOD ORAL HEALTH

It takes just a few minutes a day to help ensure good oral health. Here are five things you can do to enjoy healthy gums and teeth.

- 1. BRUSH YOUR TEETH DAILY.**  
If you use a power toothbrush, choose one that offers rotation/oscillation action.
- 2. FLOSS BETWEEN YOUR TEETH TO REMOVE DENTAL PLAQUE DAILY.**  
You can use floss (on its own or in a holder or flosser), interdental brushes (for bridges and braces), picks or irrigators.
- 3. RINSE USING AN ANTISEPTIC MOUTHWASH.**  
This will help reduce the accumulation of dental plaque.
- 4. MAKE HEALTHY FOOD CHOICES.**  
Nutritional food choices low in sugar are good for your overall health *and* your oral health.
- 5. GET REGULAR PROFESSIONAL DENTAL HYGIENE CARE.**  
Your biggest weapon in the battle to maintain good oral health is a regular visit with your dental hygienist. Why not make an appointment today?

## MAKE A CALL TODAY!

Five simple steps: brush, floss, rinse, eat healthy foods and visit your dental hygienist. That may be all it takes to enjoy a lifetime of good oral health.

Why not take a minute *right now* to make an appointment to see your dental hygienist?

You'll be smiling all the way to a healthier future.



Since periodontal disease can be prevented and controlled, **dental hygienists** may have an opportunity to play a key role in decreasing the incidence and severity of **cardiovascular disease.**