

## YOUR MOUTH: A PORTAL TO YOUR BODY.

It wasn't long ago that we associated only smoking, advancing age and illnesses that weaken the immune system as risk factors for lung disease. Now, add periodontal disease—disease of the gums and supporting bone—to the list.

Increasingly, research is uncovering the link between periodontal disease and overall health, in general, and the development of lung disease in the elderly, in particular.

Inhaling bacteria present in the mouth into the lungs is now believed to both cause respiratory infections and make existing lung conditions worse. In addition, the inflammation in your mouth triggers the release of chemicals that can worsen lung inflammation.

The good news is that periodontal disease can be prevented or, once contracted, controlled.

Don't wait. Make an appointment with your dental hygienist today. With your input, your dental hygienist can develop a good oral-health program that will keep you smiling for life.

## YOUR DENTAL HYGIENIST CAN HELP!

As a licensed oral health-care professional, your dental hygienist can work with you to develop a program of good oral hygiene.

We used to believe that the worst outcome of poor dental hygiene was tooth loss. But as research continues to uncover evidence linking oral health to overall health, it is becoming increasingly clear that far more is at stake.

### 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?



More than **three million Canadians suffer from serious lung diseases** including chronic obstructive pulmonary disease, bronchitis, emphysema, influenza and pneumonia. As well as the premature deaths, respiratory illness comes at a cost of \$12.18 billion per year to our economy.

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 **lung disease**.

## 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!

Brush, floss, rinse and eat healthy foods. Every day.

And, most of all, visit your dental hygienist regularly. That visit may be the start of 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.

