



The Mouth/Body Connection

Taking care of your teeth and gums isn't just about preventing cavities or bad breath. The mouth is a gateway into your body's overall health. And since gum disease and other health problems may be linked, brushing and flossing are more important than ever. Doctors agree that there is much more to learn, but findings prove that consistent, preventive dental care is extremely important.

A well-balanced diet leads to a healthy smile

What you eat is significant to your overall health, as well as your dental health. Foods that contain sugars of any kind can contribute to tooth decay. To help control the amount of sugar you consume, read food labels and choose foods and beverages that are low in added sugars. You can maintain a balanced diet by including food from the four major food groups:

WHOLE
GRAINS

DAIRY

MEAT

FRUITS &
VEGETABLES

Daily brushing and flossing is essential

Brushing your teeth is the cornerstone of any good oral hygiene routine. To keep your teeth and gums healthy, always be sure to brush your teeth twice a day with a soft-bristled brush. It makes no difference whether you choose a manual or powered toothbrush—just make sure to brush thoroughly twice a day, every day! Flossing goes hand in hand with brushing. By flossing once a day, you help to remove plaque from between your teeth in areas where the toothbrush can't reach.

"We have come to recognize that the mouth is a mirror of the body...and it is critical to overall health and well-being."

—Former Surgeon General David Satcher, Oral Health in America: A Report of the Surgeon General

Your smile is one of the first things people notice about you. That's why it's so important to take care of it. Cavities aren't just for little kids—you can get them at any age. Remember that practicing good oral hygiene can lead to improvements in your overall health.

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