

ORAL HEALTH

A Window to Your Overall Health



A study by the journal *General Dentistry* shows that soda can cause serious problems to your teeth. In fact, a diet made up of soda can cause as many problems as smoking or doing drugs.

People with gum disease have 2 to 3 times the risk of having a heart attack, stroke, or other serious cardiovascular event.



Certain bacteria in your mouth can be pulled into your lungs, causing pneumonia and other respiratory diseases.



According to the ADAH (American Dental Hygienists' Association), nearly 80% of Americans will have at least one cavity before they reach age 17. Additionally, nearly 80% of Americans have some level of gum disease.

Visiting the dentist 2 times a year can help prevent any excessive damage to your mouth. Periodontal disease and cavities only get worse with time.



Brush 2 Minutes,
2 Times a Day,
Every Day
to Keep Your
Mouth Healthy.



Replace your toothbrush at least every 3-4 months for good oral health.



Talk with your dentist and hygienist today about any oral health problems you are having. Taking care of your oral health is an investment in your overall health.

SPEAR[®]
SPEAREducation.COM