

LIFESTYLE LESSONS



Personal risk management tips provided by: Peabody Insurance Agency

Making Health a Priority

Though going to the dentist may not be your favorite thing to do, it can save your life. This is partly because 90 percent of all systemic diseases have oral symptoms. This means that your oral health can point to seemingly unrelated illnesses and diseases, some of which are life-threatening.

DENTAL CARE FOR OVERALL GOOD HEALTH

Here are some dental problems that could threaten your overall health:

Periodontal disease: This is the advanced form of gum disease and results in tooth loss. It's also linked with cardiovascular disease, stroke and bacterial pneumonia. Expectant mothers, as well as those who smoke or drink alcohol frequently, should be extra careful to prevent periodontal disease.

Tooth decay: Tooth decay can cause severe pain and poor appearance, especially in children and older adults. In some cases, tooth decay can lead to the loss of one or more teeth.

Keep your oral health in good shape by practicing the following recommendations:

- Drink fluorinated water and use fluoride toothpaste.
- Brush and floss your teeth daily.
- Avoid using any form of tobacco. Smokers have four times the risk of developing gum disease as compared to nonsmokers.
- Avoid eating foods with sugar.
- Visit the dentist every six months, if possible. If you experience pain or discomfort, consult a dentist immediately.

Healthy Hints

Teach children about dental care early on in their lives. Show them how to brush their teeth, floss and look out for cavities. This education will teach them healthy dental habits for a lifetime.