

YOUR TEETH AND GUMS IMPACT YOUR OVERALL HEALTH

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I admit; I used to not go to the dentist like I should, for my teeth cleanings. I didn't think of it having any impact on my health. I also was afraid to go to the dentist and felt a great deal of stress before headed to the dentist. However, now that I have been following a cleaning schedule with my local dentist, I actually kind of look forward to it. I have also come to find out that your teeth being clean impact more than just your oral health.

We all think of gingivitis, cavities, gum disease and tarter buildup as reasons for going to the dentist. Which in and of itself should be enough of a reason to ensure your teeth are in good condition.

Bacteria in your mouth and gum disease contribute to other diseases; that most people do not realize can be linked to poor oral hygiene:

Heart Attacks can be reduced by 24% and Strokes by 13% according to researchers in Taiwan. The Mayo Clinic also notes endocarditis, heart disease, clogged arteries and stoke may be linked to inflammation and infections that bacteria in your mouth may cause.

Person with Diabetes have a harder time controlling their blood glucose levels if they have gum disease.

Those who are expecting need to maintain good dental health; as gum disease may increase the risk of premature birth and low birth weights.

So, pick up your phone and schedule your appointment with your dentist.