

The health of your mouth, teeth, and gums affects your overall health, because your mouth is the gateway to your body



The sugars and starches in food and the bacteria in your mouth form plaque (plak).

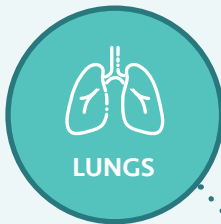


Plaque that stays on your teeth will cause your gums to become inflamed and infected and can cause your teeth to fall out.



Brushing 2x/day with fluoride toothpaste and flossing 1x/day can remove plaque and prevent cavities.

Bacteria that builds up in your mouth can affect the health of your entire body



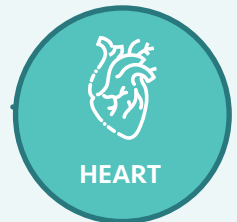
Harmful bacteria in your mouth can be inhaled and lead to pneumonia and bronchitis.



Drinking fluoridated tap water, brushing 2x/day with fluoride toothpaste, and flossing 1x/day will prevent cavities and gum disease.



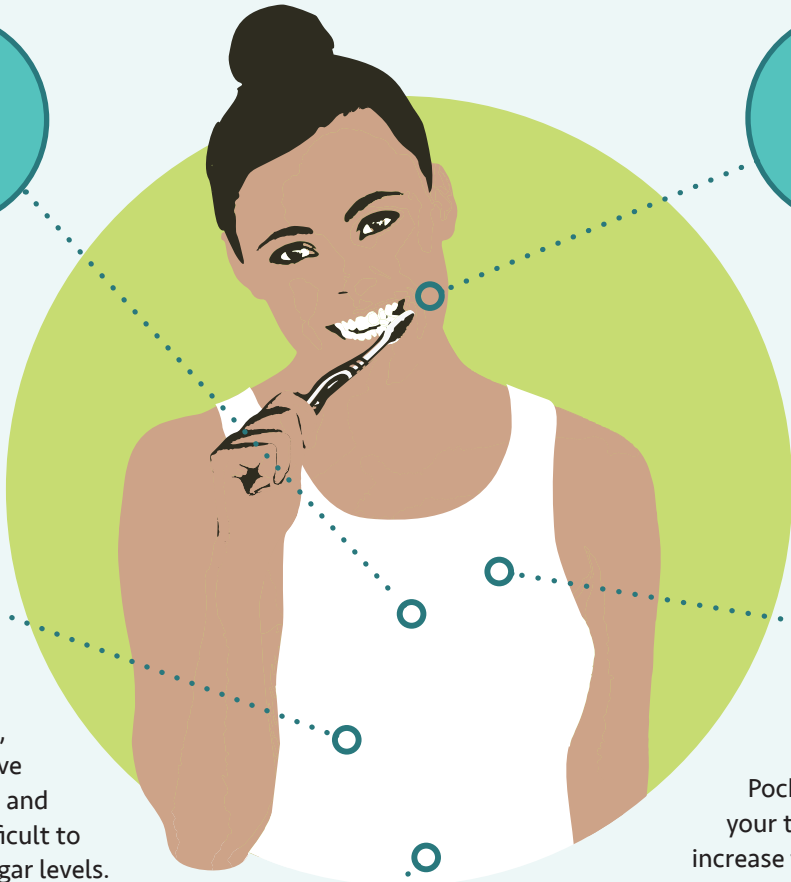
If you have gum disease, you are more likely to have diabetes. If you have diabetes and gum disease, it will be difficult to control your blood sugar levels.



Pockets of bacteria between your teeth and gums may increase the risk of heart disease.



If your teeth and gums are not healthy, you are more likely to have a preterm or low birthweight baby.



Take care of your oral health.

Drink fluoridated tap water, brush 2x/day, floss 1x/day, eat healthy foods, and visit the dentist regularly.



Learn more at www.mdac.us.