

# ORAL HEALTH AND YOUR GENERAL HEALTH

**Oral health** is important to your overall **health** and **well-being**. An **unhealthy mouth** may increase your risk of **serious health problems**.

**Bacteria** from the mouth can easily get into the **bloodstream** and to **other parts of your body** and cause **infection** and **inflammation**. **Gum (periodontal) disease** and **tooth loss** are linked to:



Cardiovascular disease



Diabetes



Stroke



Respiratory infections



Cancer



Adverse pregnancy complications

The best way to **prevent** serious health problems caused by poor oral health is to maintain **good oral hygiene** and schedule regular **dental visits**.

