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FOR A HAPPY HEALTHY MOUTH AND BODY

The mouth is the gateway to the body. Maintaining a healthy mouth is key to maintaining a healthy body.

Did you know that poor oral health, particularly gum disease from gum inflammation (gingivitis) to advanced gum disease (periodontal disease) can be connected with serious overall health issues. Let's take a look how...



To keep your mouth healthy it is important to keep dental plaque under control. If plaque does not build up the bacteria cannot multiply and cause cavities, gum disease, or spread beyond the mouth.



If not regularly removed, plaque containing harmful bacteria builds up around the gumline leading to gum inflammation and disease.



These plaque bacteria produce toxins leading to inflammation, and the bacteria can also spread to other parts of your body.

What are the warning signs of gum infections?⁴

- Red, swollen or tender gums
- Bleeding gums
- Receding gums
- Loose teeth
- Persistent bad breath
- Pain when chewing



Worldwide, gum disease caused by bad oral bacteria gum disease affects approximately

50%
of the population aged **35-44**.

15-20%
of those suffer from **ADVANCED GUM DISEASE** or **PERIODONTITIS**.⁵



P. gingivalis and bacteria from dental plaque have been observed in human arteries at the sites where arterial plaque builds-up.⁵



These oral bacteria have also been seen in other sites of inflammation in human lungs, brains, and intestines.¹



In the mouth, oral bacteria like these can cause gum infections called gingivitis that can progress to periodontitis— a more serious gum disease that is the leading cause of tooth loss in adults.^{2,3}

Periodontitis is the gum infection where science has found the strongest connection between oral health and a variety of health problems, including increased risk of:





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Periodontitis may increase the risk for stroke. A continuous flow of bacteria into the bloodstream from inflamed gums can trigger inflammation of the blood vessels leading to the growth of arterial plaques and possible blood clots.⁶

WHAT IS THE LINK BETWEEN GUM INFLAMMATION AND BODY HEALTH?



There is a two-way relationship between diabetes and periodontitis, **with more periodontal disease observed in diabetic populations**, particularly if they have poorly controlled glucose levels.^{7,8}



Pregnant women may be at increased risk of gingivitis and pregnant women with periodontitis may be at increased risk for adverse pregnancy outcomes, including pre-term birth, low birth weight babies, and pregnancy hypertension (pre-eclampsia).¹⁰⁻¹⁴



People with periodontal disease are at increased risk for cardiovascular disease. Chronic gum inflammation may cause bacteria and toxins to enter the bloodstream and circulate to plaque sites in arterial walls.⁹



There is evidence that **people with periodontal disease and greater loss of teeth are more likely to suffer from early onset of frailty and cognitive decline.** People who have lost most of their teeth are more likely to die early. Poor oral health also makes depression worse.¹⁵

Oral-B is leading the way in innovation, technology and research to help protect your oral health and educate you about the connections between oral health and overall health.

Electric Toothbrush with a Round-Head

Electric toothbrushes are proven to remove more plaque than a manual toothbrush. They give you a professional clean feeling every day. Oscillating rotating toothbrushes with a small round head produce the best results. The Oral B iO's revolutionary technology removes 100% more plaque than a manual brush to give you that professional clean feeling every single day.

Stannous Fluoride Toothpaste

Oral-B Stannous Fluoride (SnF₂) toothpaste helps to protect your gums against bacterial plaque.

Mouth Rinse

Mouth rinses containing Cetylpyridinium Chloride (CPC) formulated at 0.07% help to reduce plaque.

Interdental Cleaning

Plaque easily accumulates and hides between teeth where toothbrushing can't reach. Regular cleaning between teeth with interdental brushes or floss helps to remove plaque and helps to protect gums.

Regular Oral-Health Check-Ups

Visit your dental professional regularly to prevent and detect signs of gum infection at its earliest stages.

Follow a holistic Oral-B regimen for a happy healthy mouth and body!



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