

JULY

Healthy mouth. Healthy you.

Oral and overall health: What you should know



Our bodies are incredibly interconnected. Poor oral health can negatively impact overall health. And plenty of health conditions can hurt oral health. Improving either oral or overall health can have wide-ranging positive effects.

Conditions that can be intensified by oral health issues:*

- › Endocarditis – an infection of the inner lining of your heart chambers or valves
- › Cardiovascular disease
- › Pregnancy and birth complications
- › Pneumonia

Conditions that affect oral health:*

- › Diabetes
- › HIV/AIDS
- › Osteoporosis
- › Alzheimer's disease
- › Eating disorders
- › Rheumatoid arthritis
- › Certain cancers

How can I protect my oral health?

- › Brush your teeth twice a day with fluoridated toothpaste.
- › Floss and use alcohol-free mouthwash at least once a day.
- › Stick to a healthy diet, and limit sugars and starches.
- › Replace your toothbrush every three months.
- › Avoid tobacco use.



Schedule a check-up today

Regular cleanings help catch any issues when they're small. Find an in-network dentist at [myCigna.com](https://mycigna.com).

*Mayo Clinic, "Oral health: A window to your overall health," accessed August 13, 2019. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>.

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