BlueResource^{SM} – Protecting Your Health – Caring for Your Mouth

Brush Your Way to Better Health

The world may see your friendly smile, but what's going on behind it? The inside of your mouth is home to millions of bacteria. Along with tooth decay, they can boost your risk for serious illness and disease if not kept in check. Protect your mouth and overall health.

Keep your brain sharp. Brush and floss to fend off gingivitis, a form of gum disease linked to memory loss and Alzheimer's disease.

Show your heart some love. Brush and floss to prevent gum infections that may lead to heart disease, clogged arteries and stroke.

Protect your unborn baby. Brush and floss to guard your bundle of joy from a premature delivery and low birth weight.

Help your lungs breathe easier. Brush and floss to keep harmful germs that cause pneumonia from making their way into your lungs.

Kick cancer to the curb. Brush and floss to reduce your risk for liver, kidney, pancreatic and blood cancers.

Practice good oral care to help prevent serious health issues.

Sources: *Oral Health: A Window to Your Overall Health.* Mayo Clinic. 2019.
Good Oral Health May Help Protect Against Alzheimers. Harvard Health Publishing; Harvard Medical School. 2019.
Periodontal Disease and Risk of All Cancers Among Male Never Smokers. Annals of Oncology. 2016.