

South Central's Health on Blast

IMPORTANCE OF GOOD ORAL CARE:

- Digestion starts in the mouth and clean mouth prevents aspiration pneumonia, gum disease, and helps prevent heart disease.
- Your oral health can offer clues about your overall health and problems in your mouth can affect the rest of your body.
- Your mouth is full of bacteria, with good oral health care and the bodies natural defenses, harmful bacteria can be kept under control.
- However, harmful bacteria can grow out of control and cause oral infections, such as tooth decay and gum disease with poor dental hygiene. Which can penetrate the normal protective barriers and make it easier for bacteria to enter your bloodstream.
- Bacteria on your teeth and gums could travel through your bloodstream and attach to fatty plaques in your arteries). If one of the plaques bursts and a blood clot forms, you can have a heart attack or stroke.
- Untreated Abscess infections has lead to death.

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Proper Oral Care

- Have your mouth examined and your teeth cleaned periodically.
- Brush your teeth, gums and tongue properly twice a day.
- Use an electronic toothbrush vs. a manual toothbrush to remove more plaque.
- Floss between your teeth. Use unscented un-waxed floss so that you can detect those areas between your teeth that give off odors.
- Drink plenty of non alcoholic fluids.
- If someone you know had bad breath, find a way to let them know.