



HEALTHY TEETH
HEALTHY YOU

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SPECIALTIES

7 Reasons Why You Should Brush Your Teeth **2 MINUTES, 2 TIMES A DAY!**

Having poor dental health can affect more than just your teeth! There are links between poor oral hygiene and serious health conditions. That is why the American Dental Association (ADA) recommends you brush your teeth twice a day for two minutes.

That 2-minute brush, twice a day can unmistakably save your life! Our Dental & Hygiene team can show you the most effective way to brush. **Ask us how and get a FREE oral health kit!**

HERE ARE SEVEN POWERFUL REASONS YOU SHOULD BRUSH YOUR TEETH 2 MINUTES, 2XS A DAY!

- 1 PREVENTS GUM DISEASE:** When you don't brush regularly, plaque will build-up around your teeth, this plaque can lead to Gingivitis, which causes inflammation of the gums & bleeds when you brush them.
- 2 REDUCES LUNG INFECTIONS:** Bacteria build-up in the mouth is easily able to reach the lungs, which colonize in the respiratory tract & can cause infection in the lungs such as pneumonia.
- 3 PREVENTS OR MINIMIZES DIABETES:** Gum disease can make it harder to control your blood glucose; gum disease can also contribute to the progression of diabetes.
- 4 DECREASES YOUR RISK OF HEART DISEASE OR STROKE:** Bacteria left in your mouth can make its way to your bloodstream, which can increase your chance of a heart attack or stroke.
- 5 LOWERS YOUR RISK OF DEMENTIA:** Some studies have shown poor oral health increases your risk of developing dementia up to 30% to 40%.
- 6 HAVE A HEALTHY BABY:** Bacteria build-up from your mouth can get into the bloodstream of your baby, putting them at risk of low birth weight & premature birth.
- 7 DECREASE NEGATIVE EFFECTS OF THOSE WHO LIVE WITH RHEUMATOID ARTHRITIS (RA):**
Having rheumatoid arthritis can increase the risk of developing gum diseases & may increase the severity of RA symptoms.

