

HOW YOUR ORAL HEALTH AFFECTS YOUR OVERALL HEALTH



A healthy mouth
is essential for a
healthy body.

More than **90%** of all systemic diseases have some oral symptoms.



Saliva is one of your body's defenders against bacteria and viruses.

Infection can enter the bloodstream through the mouth.



Poor oral health has been linked to cardiovascular disease, respiratory infections, immune system disorders, low birth weight in babies, and other serious health issues.

Sources: Academy of General Dentistry, Colgate®, Mayo Clinic, Men's Journal.