

Why Routine Dental Exams Are Crucial For Your Overall Well-Being!

Routine dental cleanings and check-ups not only help your dentist identify serious dental issues but identify more than 120 diseases that can impact your overall health and well-being



Good Dental Hygiene Decreases gum disease from causing inflammation in the body, including the soft tissues of the **HEART**. Plaque and bacteria enter the body through the gums and can clog arteries and increase your risk of a severe heart attack or stroke.



Good Dental Hygiene Decreases the chances of bacteria from your mouth entering your bloodstream and into your **LUNGS**.



Good Dental Hygiene Decreases the risk of developing **DIABETES**. People with gum diseases are more prone to developing diabetes and vice-versa.



Good Dental Hygiene Decreases the risk of experiencing **DEMENTIA**. Not only can bacteria harm your teeth and gums but can have an effect on your brains function as well.

The health of your mouth can be a sign of your body's health.

Regular visits to your dentist are fundamental to a healthy future full of smiles.

