



Being healthy starts with good oral health!



Chronic conditions associated with poor oral health:



LUNG CONDITIONS

Bacteria from the mouth can spread to the lungs causing inflammation and infection.



CARDIOVASCULAR DISEASE

Bacterial infections from our mouth can get into the blood stream causing blood vessel damage.



ADVERSE PREGNANCY OUTCOMES

Bacteria that causes inflammation in the gums (also known as pregnancy gingivitis) can get into the blood stream and target the fetus, causing preterm birth and low birth weight.



STROKE

Oral bacteria can enter the blood stream causing inflammation in the blood vessels, affecting how blood and oxygen flow.



ORAL CANCERS

Oral pathogens can cause oral cancer.

DIABETES

Inflammation from gum disease can increase blood glucose, which can cause diabetes. Diabetes leads to more glucose in your saliva.



For more education and resources, visit SmileNevadaCounty.com