

# THE FACTS ARE...

**YOUR MOUTH "TALKS" TO YOUR BODY AND...**

**YOUR BODY "TALKS" TO YOUR MOUTH.**

**BACTERIA** in your mouth travel to other parts of your body **IN YOUR BLOODSTREAM.**

-AAOSH\*

**GUM DISEASE** increases the risk of **HEAD & NECK CANCER.**

-AAOSH\*

People with **GUM DISEASE** are twice as likely to die from **HEART DISEASE** & three times as likely to die from **STROKE.**

-Mayo Clinic

Research has found an association between **GUM DISEASE & RHEUMATOID ARTHRITIS.**

-American Academy of Family Physicians

**DIABETES & BLEEDING GUMS** increase your risk of **PREMATURE DEATH** by 400-700%.

-AAOSH\*

There is a link between the **BACTERIA** that live in your mouth to **HEART DISEASE, HIGH BLOOD PRESSURE & STROKE.**

-AAOSH\*

**TOOTH LOSS & GUM DISEASE** increase the risk of **ALZHEIMER'S** disease.

-Mayo Clinic

**CAVITIES** are caused by a germ that spreads while **KISSING & SHARING FOOD.**

-AAOSH\*

**GUM DISEASE** increases **PANCREATIC & KIDNEY CANCER** risk by 62%.

-Harvard

93% of people with **GUM DISEASE** are at risk for **DIABETES.**

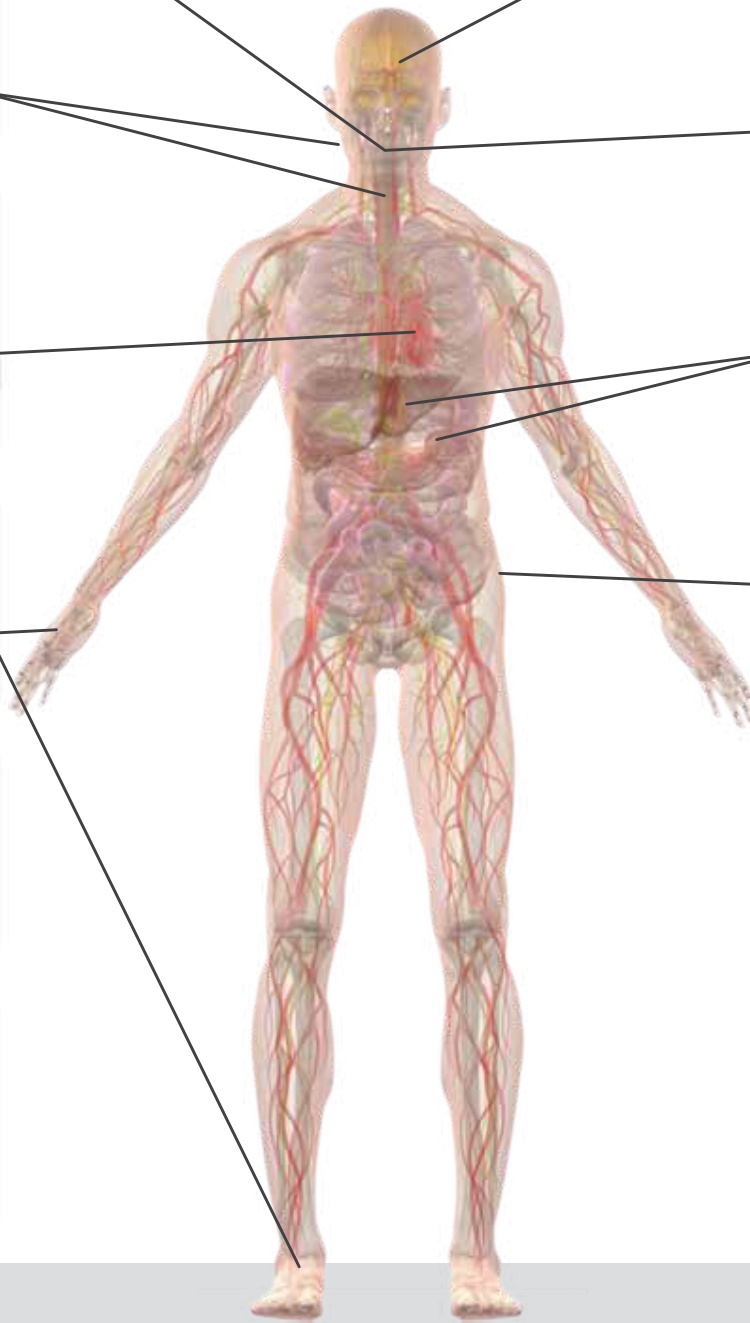
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The Surgeon General reports that **AT LEAST 80%** of American adults have **GUM DISEASE.**

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**PREGNANT** women with **GUM DISEASE** have **ONLY A 1 IN 7 CHANCE OF GIVING BIRTH TO A HEALTHY CHILD** of normal size.

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## COMPLETE HEALTH DENTISTRY™

# HEALTHY MOUTH BASELINE

The mouth is the gateway to health and well ness. Research shows that gum disease in the mouth is linked to higher risks of heart disease, diabetes, COPD, MI/Stroke and other systemic diseases. As advocates for your overall wellness, we will be checking the following healthy mouth standards.

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## HEALTHY GUMS

- Absence of plaque or tarter
- Absence of bleeding when brushing or flossing
- Gum pockets of 3 mm or less
- Absence of gum recession leading to exposed roots
- Absence of loose, shifting or lost teeth due to bone loss or decay
- Absence of oral lesions/mouth ulcers

## HEALTHY HABITS

- Brush 2X daily / electronic toothbrush
- Floss 1X daily
- No smoking/tobacco use
- Fresh breath
- No acidic food/drink
- No sugar-containing food/drink
- Absence of dry mouth/sufficient saliva

## HEALTHY TEETH

- Absence of decay
- Absence of infection
- Absence of fractured teeth, crowns or fillings
- Absence of loose or missing teeth due to bone loss or decay
- Absence of unstable tooth structure due to large fillings
- Absence of sensitivity to temperature, pressure or sweets
- Absence of pain and exposed dentin/root

## COSMETIC HEALTH

- Straight and uniform teeth
- White smile
- Happy and confident with smile

## HEALTHY BITE/MOUTH/JAW

- Absence of pain or sensitivity with jaw movement
  - Absence of joint noise or popping
  - Ability to move jaw without limitations
  - Absence of pain or sensitivity in mouth or face
  - Absence of wear on teeth relative to age
  - Absence of wear on teeth related to grinding and clenching
  - Absence of headaches or neck aches
  - Absence of snoring or sleep disorder
  - Absence of erosion and wear from clenching or grinding
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