

# Smilematters

## PATIENT FACT SHEET

### Want a Healthy Body? Start with a Healthy Mouth!

You know regular maintenance is important to keeping your car running well.

Did you know regular dental checkups are just as important to keeping your body running well?

Your car is a well-oiled machine, made of complicated parts that need a well-trained professional to diagnose problems. Your body is the same way — and your mouth is an important part of what keeps you running well. When something goes wrong in your mouth, it's hard to keep the

rest of you performing the way you need, too. And many systemic health problems have symptoms that can show up in your mouth first.

You may be surprised to know that gum disease can contribute to heart disease, diabetes, low birth-weight babies, infection of prosthetic joints, and other health complications.

Seeing your dentist for regular checkups is like a tune-up for your body. And like your car, regular maintenance is much less costly than major repairs. So, schedule your dental checkup today!

Warning Signs	May Indicate
Bleeding Gums	Gum Disease; Vitamin C Deficiency; Leukemia
Inflamed Gums	Vitamin D Deficiency; Cancer; Higher Risk of Premature Birth Cardiovascular Disease
Bad Taste/White Patches	Oral Fungal Infection; Diabetes; Side Effect of Antibiotics; Weakened Immune System
Sores/White, Red Patches	Side Effect of Medication; Oral Cancer; Autoimmune Disease
Loose Teeth	Gum Disease
Dry Mouth	Side Effect of Medications; Hypothyroidism; Autoimmune Disease; Diabetes
Bad Breath	Gum Disease; Improper Oral Hygiene; Respiratory Tract Infection; Sinus Infection; Chronic Acid Reflux; Diabetes Liver or Kidney Problems