



Your Dental Health

by Zane Broome, D.D.S.



ORAL HEALTH LINKED TO OVERALL HEALTH

Oral health can tell us a lot about our overall health. Our mouths are full of bacteria, and our mouths are also the gateway to the rest of our body through our digestive and respiratory tracts. Daily brushing and flossing help keep bacteria at bay, but oral bacteria are associated with several health conditions. Poor oral health has been linked to heart conditions such as endocarditis, clogged arteries, and strokes. Oral bacteria can enter lungs and cause conditions like pneumonia. Gum disease has been linked to pregnancy complications including premature birth and low birth weight. Conversely, some medical conditions can affect oral health—like diabetes, osteoporosis, Alzheimer's, and HIV/AIDS—by reducing bone mass and the body's resistance to infections.

Acknowledging the inherent connection between oral health and a patient's overall health, your dentist will use many techniques to diagnose, treat, restore, and promote total patient well-being. MONADNOCK DENTAL ASSOCIATES offers this column in the hopes of educating the general public about the benefits of oral health. If we can help, either by answering questions or by providing comprehensive dental care, please call us. State-of-the-art dentistry and a dedicated professional dental team make 123 Main Street, Jaffrey, the ideal place to achieve optimum oral health. Call 603-532-8720 for an appointment. We've been providing comprehensive dental care since 1979.

P.S. In addition to daily brushing and flossing and regular dental checkups, a low-sugar diet, regular exercise, and replacing your toothbrush every few months all help support both oral health and overall health.

*Ask our staff how to become part of our **Whitening for Life Team***

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