

# The Connection Between Oral and Overall Health



The health of our teeth, gums and mouth are all connected to the health of the rest of our bodies. Dentists can catch oral health problems early, before they potentially become painful or costly – and they can check for early signs and symptoms that may be associated with certain health conditions. Here's why it is important to maintain a healthy smile.

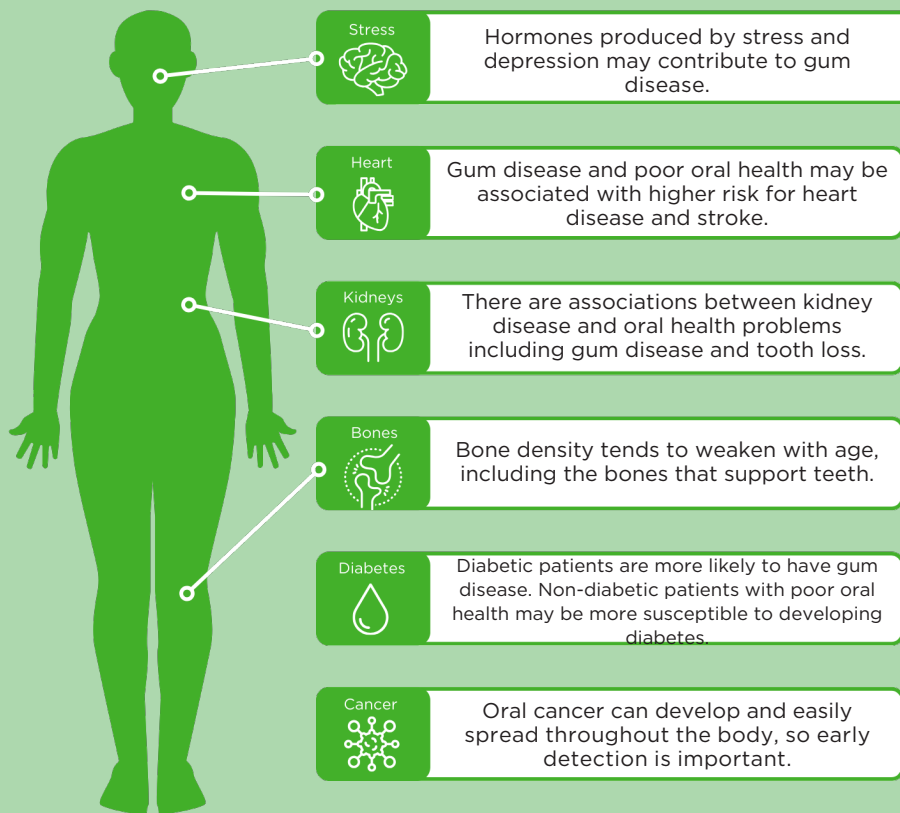
## How you can protect your oral and overall health

You can help prevent health issues with a regular at-home oral health routine, including:

- Brushing twice a day with fluoride toothpaste and a soft-bristled toothbrush for two minutes each time
- Flossing daily
- Replacing your toothbrush every three to four months or sooner if your bristles fray or spread out
- Eating a healthy, balanced diet that limits sugary and starchy foods and drinks
- Schedule regular dental visits and utilize preventive dental care services

## What your mouth can tell you

Did you know more than 120 medical conditions can be detected by signs and symptoms in the mouth?



Source: Delta Dental Plans Association



TotalHealth Wellness Program provides increased dental benefits for members with qualifying health conditions. To learn more please visit [deltadentalwa.com/totalhealth](https://deltadentalwa.com/totalhealth)

Preventive-012024

**If you have a question, give us a call. We're happy to help.**

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