

DENTAL HEALTH

Healthy Gums = Healthier Body, Mind And Spirit

(NAPSA)—Healthy gums play a key role in maintaining a healthy body. Beyond keeping your smile bright, there are several reasons to keep your gums healthy, including reducing your risk of major illnesses, saving time and money and preventing tooth loss.

Reduce the Risk of Major Illnesses

A recent study found that there is a link between gum disease and narrowing of the arteries, or a process known as atherosclerosis, which can lead to heart disease and strokes. In fact, if you have periodontal disease, you may be twice as likely to suffer from cardiovascular disease as those without it. Gum disease also poses a problem for people whose health is already compromised due to diabetes and increases the risk of premature, underweight births among pregnant women. Although researchers will continue to explore these relationships, you can take action to protect your gums by remembering to 1) brush your teeth twice a day and 2) floss or use another type of interdental cleaner once a day.

A timesaving alternative for those who don't floss is the new Waterpik Ultra Dental Water Jet. It is an easy, effective alternative that fits effortlessly into existing oral health care routines. The combination of water pressure and pulsations gently cleans deep between teeth and below the gum



A HEALTHY SMILE is also a sign of a healthy body.

line. In doing so, it removes harmful bacteria and debris that are often missed with typical brushing and flossing. Interestingly, a University of Nebraska study found that the Waterpik Ultra Dental Water Jet was as much as 93 percent more effective than flossing in reducing gum bleeding. The study also found that it was up to 52 percent more effective in reducing gum inflammation. Gum bleeding and gum inflammation are two leading indicators of gum disease.

Save Time and Money by Simplifying Your Dental Visits

Regular dental checkups are always recommended for professional cleanings and oral exams,

and are especially important in removing calculus (tartar) and diagnosing gum disease. However, maintaining the health of your gums on a daily basis also means avoiding discomfort and pain when it's time to visit the dentist's office and saves you money on expensive dental procedures.

Prevent Tooth Loss

The health of your teeth and gums is also impacted by your food choices and eating patterns. Regularly consuming foods with little nutritional value, such as sweetened fruit drinks, soda and high-sugar snacks, can result in tooth decay—and even tooth loss—over time. Foods that carry essential nutrients for your body—such as fruits, vegetables, whole grains and low-fat milk products—help build tissues in your mouth that resist infection, thus reducing your chances of gum disease and tooth loss as you age. Avoid high-sugar and high-starch foods that are harmful to your teeth and gums by reading food labels and choosing foods with low added sugars. You'll be happy with the result: a confident, healthy smile for years to come.

There are many good reasons to take care of your teeth and gums and there are easy, affordable solutions to maintaining oral care. Keeping these tips in mind will give you good reason to show off your pearly whites.