

Health Bulletin

Brushing Up On Health

(NAPSA)—A brushing a day may keep the cardiologist away. That's the news from doctors who say a number of studies have shown a link between healthy teeth, healthy gums and heart health.

One study in the journal *Circulation*, for instance, found that the bacteria that cause gum disease could also lead to a thickening of artery walls—a condition associated with heart attack and stroke. Other studies have shown that tooth decay can be a factor that influences heart health.

Healthy Brushing

So what's the best way to brush? Dentists recommend people brush the top and bottom teeth in a circular motion for no less than two minutes at least twice a day. In a recent study, the Cochrane Oral Health Group found the only type of power toothbrushes that were more effective than manual brushing were those that offered rotation oscillation—with heads that spin in one direction, then the other.

It's also important to floss teeth once a day and to visit a dentist regularly for checkups. In addition, dentists say it's a good idea to inspect your mouth regularly for any changes in gum or tooth color.

More Reasons To Brush

Of course, the benefits of good oral hygiene don't stop with good heart health. Clean teeth can help people avoid infections, have fresher breath and—in the case of one new program—even fight cancer.

Orawave is now teaming with the Susan G. Komen Breast Cancer Foundation to begin its own "brush for the cure." The tooth-



Smile! Studies show brushing your teeth may be good for your heart.

brush maker will donate 10 percent of the sales made from the "pink ribbon" 2-minute TwinSpin pink or white toothbrushes—up to \$125,000—to the Foundation for its work on cancer research and education.

The toothbrush features spinning, oscillating heads (something hygienists recommend for cleaner teeth) and a timer that lets brushers know when they've brushed for two minutes.

The American Dental Hygienists' Association estimates that 75 percent of Americans have some form of periodontal—or gum—disease. It's believed that proper brushing can help curb that statistic—and in the case of the new breast-cancer program, give a number of patients something to smile about.

For more information, visit www.orawave.com.