

Did You Know?

## Oral Bacteria Could Shorten Your Life!

### It's The Oral-Systemic Connection!

It is widely accepted that there are many types of bacteria in your mouth at any given time. Most of these bacteria are considered harmless, while others can be quite harmful.



The harmful bacteria form plaque and this plaque can then lead to gingivitis or more advanced forms of gum infection. Within the gum tissue the infectious bacteria are free to enter the blood system and are then circulated throughout the body.

When even minor gum infection is left untreated, those same bacteria that cause dental plaque can lead to arterial plaque and an increased risk for heart disease and stroke! Additionally, the body's constant fight with chronic gum infection compromises your immune system and affects insulin-resistance thereby increasing your risk for type-2 diabetes and other systemic conditions.

This means that maintaining good oral health and receiving preventative treatments could help to avoid a life-threatening disease.

**Call me to schedule your complete oral and dental exam and then let me introduce you to my Dental Fitness program.**

At [Proud Smiles](#) we believe that by working with you to achieve maximum oral health, you will also experience better over-all health and wellbeing.

We want you to smile, laugh, and eat, with confidence!

**Yours in Dental and Oral Health,**

**Dr. Brenda Paulen**



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