DELTA DENTAL®

Why your oral health matters

The oral health connection

Your oral health is much more than what shows on the surface when you smile. It includes all parts of your mouth - teeth, gums, tongue and throat - and well beyond to the rest of your body. In fact, your mouth can provide clues and signs for over 120 medical conditions.

Discover the connection

Gum disease & heart health

Keeping your teeth, mouth and gums healthy is essential to maintaining your overall health. Good dental health can help avoid other serious complications and diseases throughout the body. If you have heart disease or a heart condition, it is important to seek dental care as well as general medical care. Talk to your dentist if you have been told by a physician that you have heart disease.

Learn more about heart health

Diabetes, gum disease & oral health

Studies have shown that diabetes and gum disease are often connected - with one condition increasing the risk of developing the other. However, this is not the only way that diabetes can change your smile. Discover just a few of the places dental health and overall health intersect and how these affect your overall well being.

Read about diabetes & oral health

Aging & oral health

As we grow older, our likelihood and susceptibility to certain medical conditions increases including various conditions linked to oral health issues, such as gum disease, which is known to be connected to diabetes, heart disease, stroke, and more.

Find long term tooth care tips

Mental health & your smile

Common mental health conditions such as anxiety and depression can lead to habits and behaviors that can hurt your oral health. Some include eating disorders, teeth grinding, neglecting hygiene, and more.

Check out mental health resources

The Power of Smile™

Learn more about how your oral health connects to your overall health at:
Blog.DeltaDentalNE.org

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