

# ORAL INFECTIONS CAN PUT YOUR HEALTH **AT RISK**

Recent studies link oral infections to *diabetes*, *heart disease*, *stroke*, and *preterm, low-weight births*.

In addition to **taking care of your teeth and gums**, follow these other recommendations to help prevent oral infections and associated health problems:

- Drink fluorinated (tap) water and use fluoride toothpaste to brush your teeth twice a day.
- Floss your teeth.
- Avoid tobacco and alcohol.
- Avoid sugars and starches. Instead, eat fiber-rich fruits and vegetables, such as whole grains, dry beans, leafy greens, and fruit.
- If you are diabetic, work to maintain control of your blood sugar and HgA1C.

Source: [www.ada.org](http://www.ada.org)

# WHAT ARE SOME COMMON ORAL INFECTIONS?

**PLAQUE** is a stick film of bacteria that constantly forms on your teeth.



When you eat or drink anything containing *sugars or starches*, the bacteria in plaque use the sugars to produce **ACIDS**.

These acids can attack your **TEETH**, which can lead to tooth decay and cavities.

These acids can also attack your **GUMS**, which can lead to gum disease and tooth loss.

Source: [www.ada.org](http://www.ada.org)