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[Your Smile and Your Overall Health—How Are They Connected?](#)

If someone asked you why brushing is important, you probably wouldn't say, "Because my oral health can have an effect on my heart," or "Because I'm diabetic," or even, "Because we just learned we're expecting!"

But as surprising as it may be, these are actually appropriate answers. It's true that avoiding [gum disease](#) and tooth decay will always be one of your top reasons for brushing and flossing every day, but, as more and more studies are showing, it's important to consider your overall health as well.

Support Your Overall Health with Regular Checkups

Gum disease is caused by a combination of bacteria and plaque. If left untreated, buildup of these two can destroy the natural fibers bonding your teeth to your gums, creating pockets between them. These pockets, then, can become hiding places for bacteria and plaque, which can work their way into your bloodstream and other parts of your body. One of their common destinations is the heart, where they can end up contributing to heart disease.

