

SUNDAY MORNING HEALTH CORNER

.....

Oral Hygiene and Dental Care

Oral hygiene is an essential practice of keeping one's mouth clean and free of disease and other problems through regularly brushing your teeth and visiting your dentist often. A **dentist** can determine many things about your overall health by conducting an oral exam.

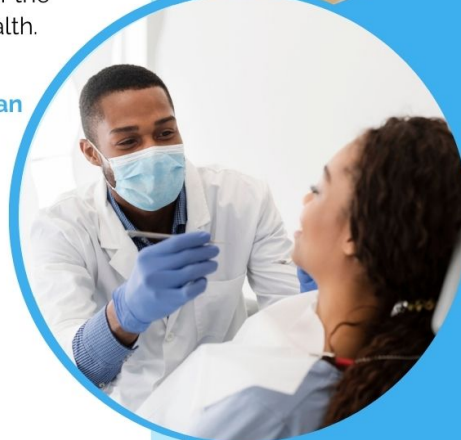
We often think about **dental care** as a way to keep our mouth and teeth clean to prevent cavities, gingivitis (inflammation of the gums), and bad breath. However, there is much more that your mouth may reveal about what is going on in your body.

Saliva protects against disease-causing bacteria and is used as a diagnostic tool being used to replace blood testing for various diseases and genetic testing. Making the recommended dentist visits is beneficial. Your mouth is a small part of the body but has an enormous impact on your health.

A good oral examination and saliva testing can detect the following diseases and concerns:

-  Diabetes
-  Osteoporosis/Bone loss
-  Certain Cancer Markers
-  HIV/AIDS
-  Environmental Toxins
-  Illegal Drug Use
-  Hepatitis

Schedule an appointment with your local dentist to find out more about dental health and the benefits of maintaining your oral hygiene.



THE
BALM
IN
GILEAD
INC.

www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256