

A warning from your Gums

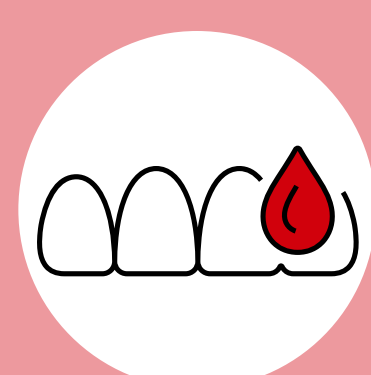


A Connection Worth Knowing

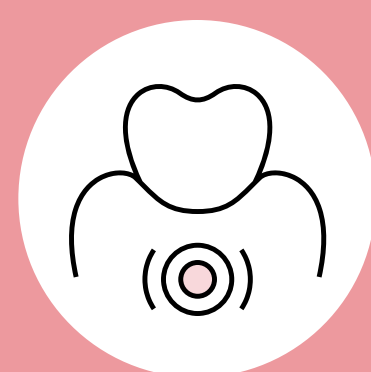
High blood pressure and gum disease may be more closely connected than you think.



Look out for these signs of gum disease!



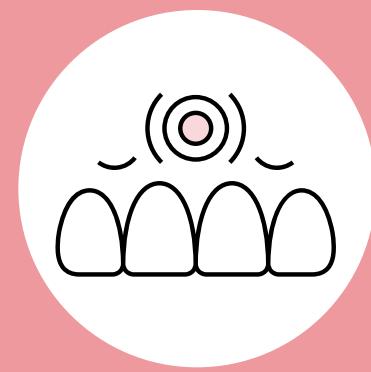
Bleeding from gums while brushing or flossing



Red, swollen, or tender gums



Persistent bad breath



Receding gums



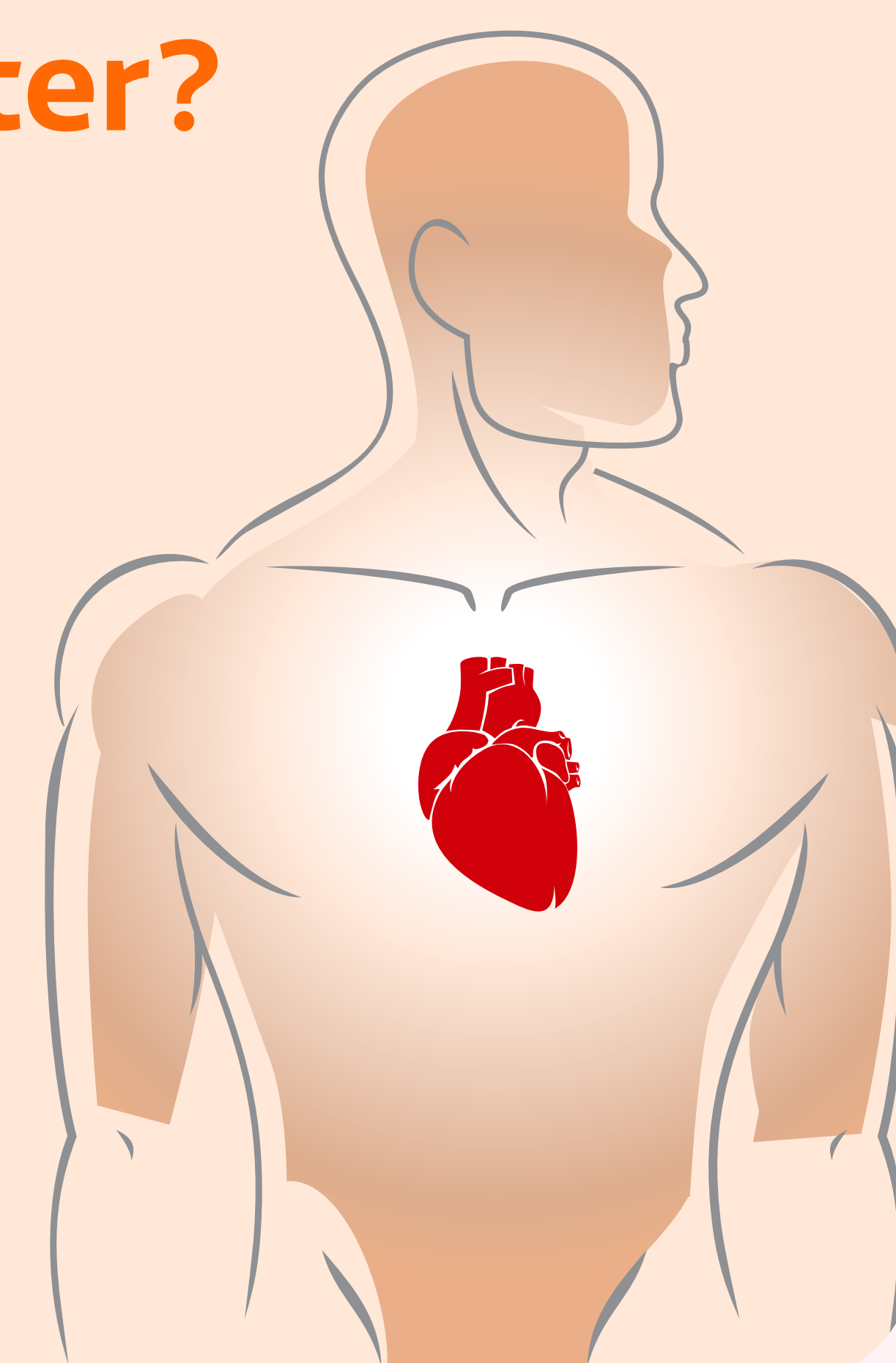
Loose teeth



Why does it matter?

Healthy gums are an important part of overall health.

Taking care of your oral health can help reduce inflammation in the body and support your general health.



How to Protect Your Oral & Overall Health?



Brush 2x daily with a fluoride toothpaste



Floss at least once a day



Sip water frequently to prevent dry mouth



Get professional cleaning done regularly



Follow a heart-healthy diet



Don't ignore bleeding gums



Follow your doctor's advice to manage blood pressure



TALK TO YOUR DENTIST
If you have high blood pressure,
let your dentist know during your next visit.

