

# Your mouth is talking - are you listening?

**Is your mouth trying to tell  
you something? Believe it or not,  
it may tell you what's going  
on with the rest of your body.**

The bacteria produced by an unhealthy mouth can, and often does, affect the rest of the body. It can impact our hearts, bloodstreams and even a woman's pregnancy.<sup>1</sup> Research shows that there are established links between gum disease and serious health conditions like heart disease, stroke, osteoporosis, low birth weight, diabetes and respiratory infection.<sup>1</sup>

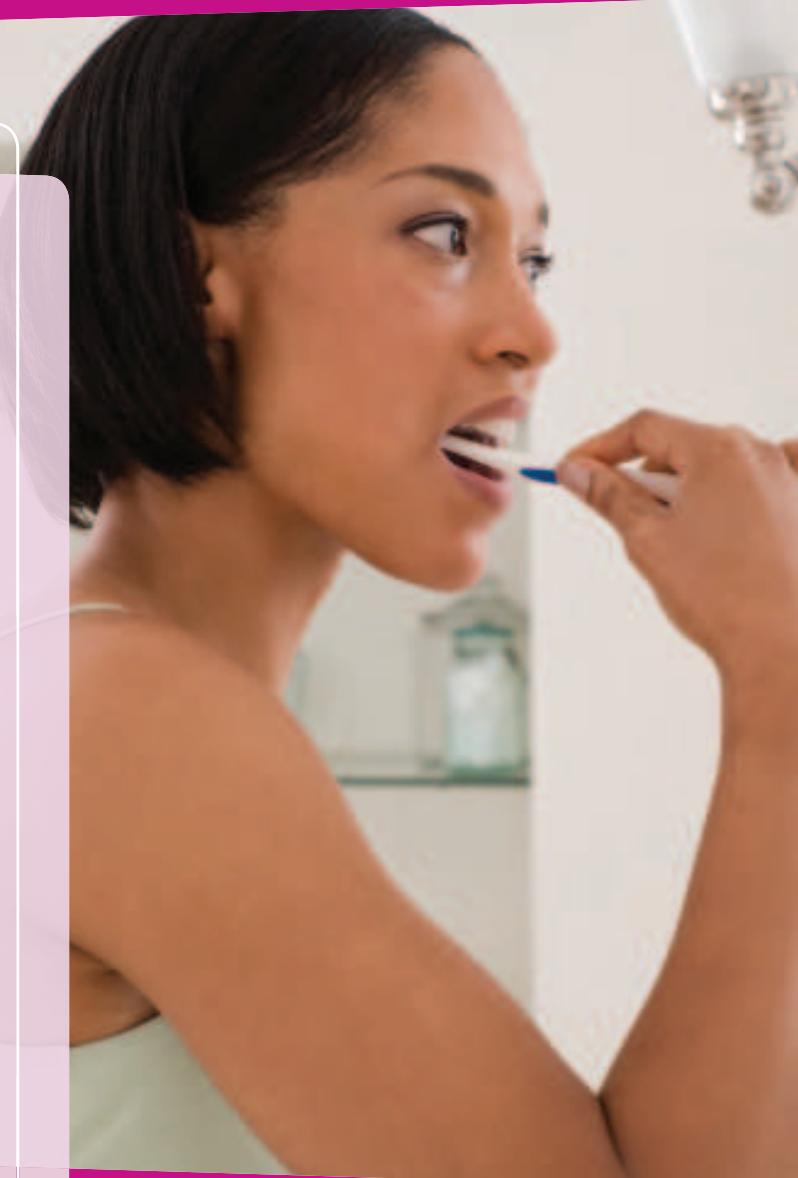
Who knew? It seems brushing isn't just about keeping those pearly whites clean. More than 90 percent of all diseases that can impact your body produce signs and symptoms in your mouth.<sup>2</sup> Take diabetes, for example. One of the first symptoms is often seen through problems in the mouth.<sup>1</sup>

So, keep brushing and flossing. And make sure you go to the dentist for regular checkups because they often see things you can't. And if something doesn't feel right, get it checked out. Your mouth may be trying to tell you something.

**Anthem** 

Health. Join In.<sup>SM</sup>

HEALTH | DENTAL | VISION | LIFE | DISABILITY



<sup>1</sup> Mayo Clinic website: Oral Health: A Window to Your Overall Health (February, 2009); <http://www.mayoclinic.com/health/dental/DE00001>.

<sup>2</sup> Academy of General Dentistry website: Know Your Teeth: Warning Signs in the Mouth Can Save Lives (October, 2008); <http://www.knowyourteeth.com/infobites/abc/article/?id=320&aid=1291&chapt=1>.

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