

# EFFECTS OF POOR DENTAL HYGIENE ON YOUR BODY

## HEART DISEASE

- PEOPLE WITH PERIODONTAL DISEASE ARE 2X MORE LIKELY TO DEVELOP HEART DISEASE.

## DIABETES

- 95% OF US ADULTS WITH DIABETES ALSO HAVE PERIODONTAL DISEASE.

## ATHEROSCLEROSIS

- HIGH LEVELS OF DISEASE CAUSING BACTERIA IN THE MOUTH CAN LEAD TO CLOGGING OF THE CAROTID ARTERY AND INCREASED RISK OF STROKE.

## RESPIRATORY PROBLEMS

- BACTERIA FROM PERIODONTAL DISEASE CAN TRAVEL THROUGH THE BLOODSTREAM TO THE LUNGS WHERE IT CAN AGGRAVATE RESPIRATORY SYSTEMS.