

MOUTH BODY CONNECTION

GUM DISEASE

Over 4 in 10 people ages 30 and older have gum disease.

- 63.5% of Hispanic-Americans
- 59.1% of Non-Hispanic Asian Americans

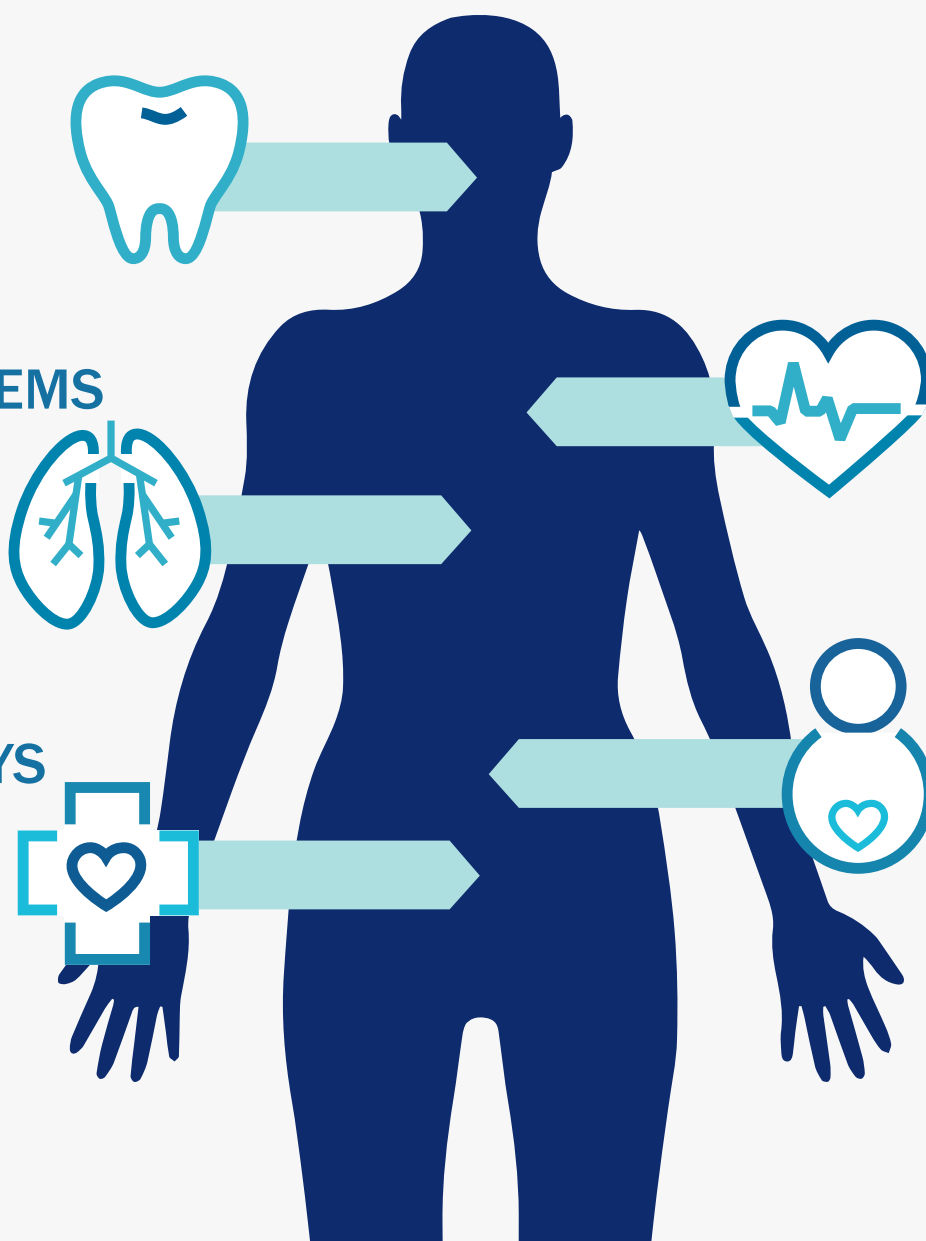
BREATHING PROBLEMS

Germs from gum disease can travel to your lungs and make it difficult to breathe.

It's worse for people with asthma or other breathing issues.

DIABETES + KIDNEYS

People with diabetes and gum disease are up to 3 times more likely to have certain types of kidney disease.



STROKE AND HEART DISEASE

Germs can get into your blood through your gums. If you have gum disease, your chances of having a heart attack, stroke, or other serious heart problems are 2 to 3 times higher.

PREGNANCY

A woman who has gum disease may be 7 times more likely to give birth too early or have a baby with low birth weight.

Your **overall** health starts with your **oral** health.



Brush & Floss
2X/Day



Get regular
dental checkups



Sign-up for a free workshop to help manage or prevent diabetes or heart disease. Visit MyHealthyVT.org, or scan the QR code.

MY HEALTHY
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