

ORAL HEALTH

A Healthy Mouth Contributes to a Healthy Body



HEART

Keeping your gums healthy helps reduce inflammation, supports normal blood pressure, and protects your heart, especially when paired with a smoke-free lifestyle and nutritious diet.



BRAIN

Maintaining good oral health may help lower the risk of Alzheimer's disease, especially in older adults, by preventing gum disease and mouth infections that could contribute to cognitive decline.



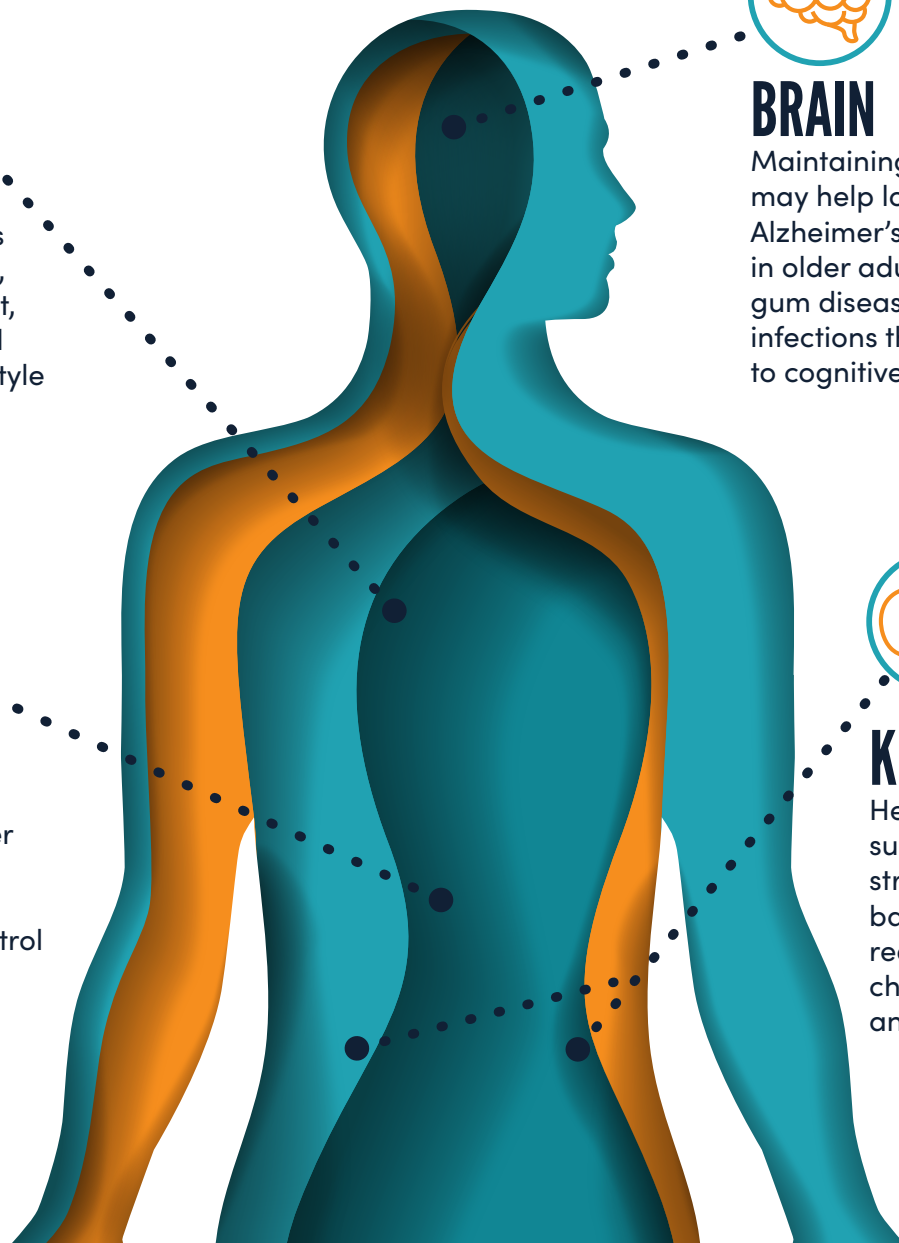
PANCREAS

Healthy gums support better blood flow, faster healing, and fewer infections, supporting better blood sugar control and quality of life for those with diabetes.



KIDNEYS

Healthy mouths support kidney health; strong gums and balanced saliva help reduce the risk of chronic kidney disease and complications.



Learn more about the importance of oral health by
ages and stages at [FloridaHealth.gov](https://www.floridahealth.gov)

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HEALTH