

# The vital connection between oral health and overall health

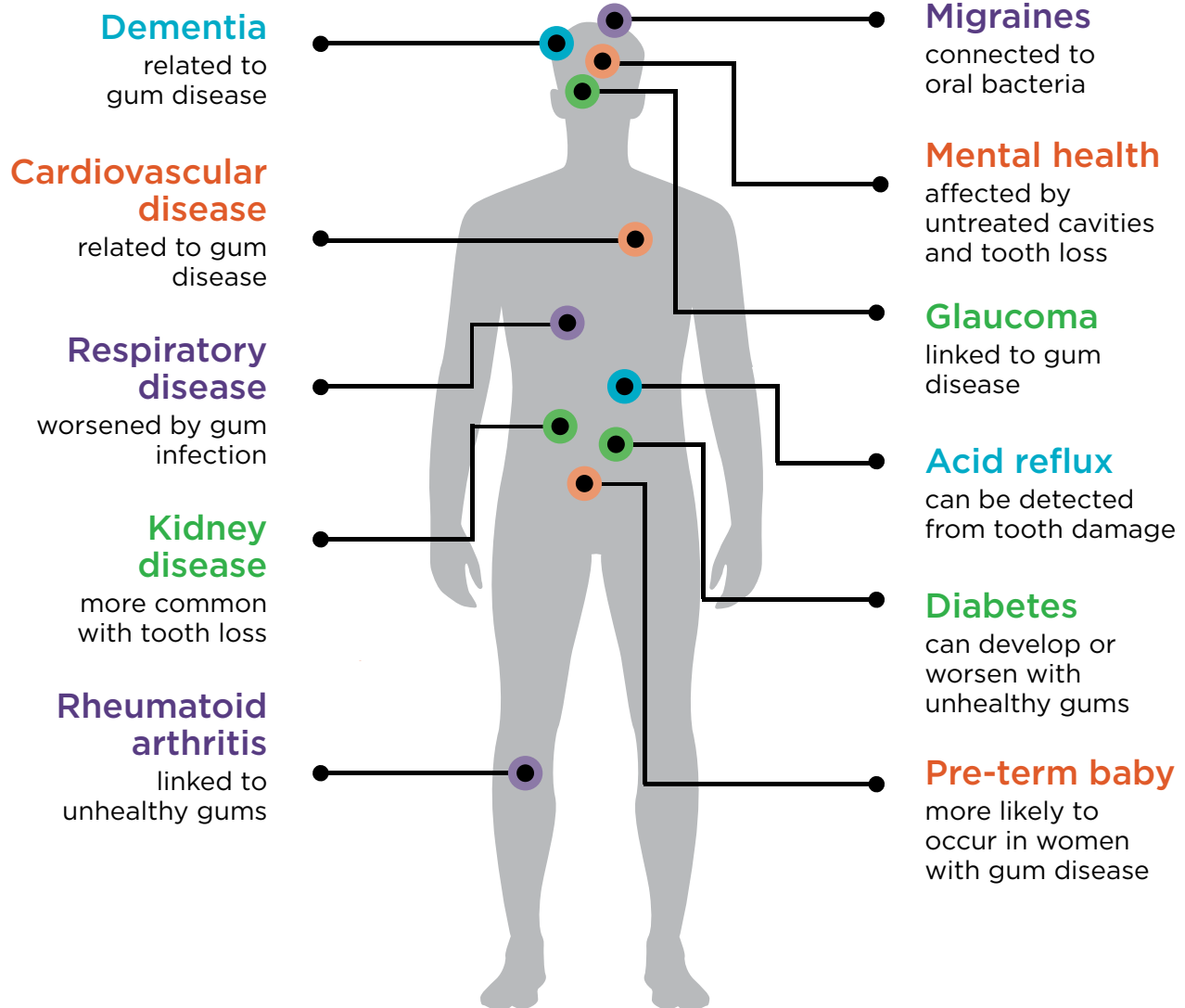


## Did you know?

Nearly half of U.S. adults over the age of 30 have some form of gum disease.

## Why it matters

Poor gum health and tooth loss can affect your overall health. Research has linked gum disease to cardiovascular disease, diabetes and strokes. Both can **increase your risk for a variety of chronic conditions and health issues, including:**



**Good oral hygiene is essential. Be sure to brush and floss twice a day.**

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