

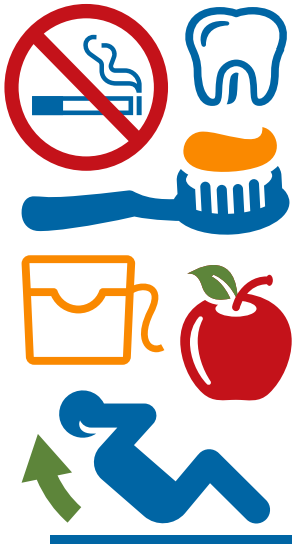
HEALTHY IS UNDERSTANDING GOOD ORAL HYGIENE

Pregnant women with healthy gums are
3X LESS LIKELY
to have a premature birth, reducing the risk
of having a low birth weight baby.

www.dentalhealth.org



PRACTICE GOOD ORAL HYGIENE



- Brush your teeth twice a day
- Floss daily to remove plaque
- Replace toothbrush every 3-4 months
- Eat a diet rich in fruits, vegetables and minerals
- Exercise regularly
- Avoid cigarettes and smokeless tobacco products
- Visit the dentist regularly

PRIMARY CARE PROVIDERS

Ellington
860.375.9122

Manchester
860.533.4678
860.649.6900
860.646.1000

South Windsor
860.533.4666

Vernon
860.533.4611
860.872.8321

GUM DISEASE SYMPTOMS

- Inflammation of gums (red, swollen, bleed easily)
- Unpleasant taste in mouth
- Bad breath
- Loose teeth
- Regular mouth infections

www.deltadentalins.com



GUM DISEASE CAN CAUSE:

- Heart Disease
- Diabetes
- Respiratory Conditions
- Stroke or Alzheimer's
- Systemic Diseases

www.dentalhealth.org