



# Keep your smile healthy— Your body will thank you

Our Oral Health for Overall Health program helps members with eligible medical conditions improve their overall health. Those enrolled receive extra dental benefits at no cost.

- ☐ **Chronic obstructive pulmonary disease (COPD):** People with COPD have a higher risk of gum disease. The symptoms and severity of COPD can also worsen when oral bacteria enter the lower respiratory tract.
- ☐ **Coronary artery disease (CAD):** Bacteria from periodontal disease can increase inflammation in the body. The combination of bacteria and fatty proteins in the bloodstream may reduce blood flow and lead to CAD.
- ☐ **Diabetes:** Gum disease increases blood sugar levels, which causes complications for people with diabetes. Chronic gum disease increases the risk of developing type 2 diabetes.
- ☐ **End-stage renal disease:** Gum disease can trigger an immune response, increasing the risk of organ rejection.
- ☐ **Oral, head, and neck cancers:** Your dentist can identify suspicious oral lesions early on and treat the side effects of oral cancer treatment. Treatment for these cancers can reduce saliva, which can lead to infection and increase the risk of tooth decay.
- ☐ **Metabolic syndrome (MetS):** Poor oral hygiene affects the systemic disorders associated with MetS. People with gum disease are also more likely to be diagnosed with MetS.
- ☐ **Pregnancy:** Hormonal changes during pregnancy increase the risk of gum disease. Untreated gum disease allows bacteria to move from the mouth into the bloodstream, increasing the risk of premature birth and/or low birth weight babies.
- ☐ **Sjögren's syndrome:** Dry mouth resulting from this disorder can lead to tooth decay and infection and affect speaking, chewing, and swallowing. Your dentist can spot problems at an early stage during regular exams.
- ☐ **Stroke:** Bleeding gums and inflammation from gum disease can reduce or block the flow of blood and oxygen to the brain, which can lead to a stroke. Good oral health can help lower the risk of other complications, including additional strokes.



Enroll today at  
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