

# A Healthier Mouth For A Healthier You

Florida Blue makes your overall health a priority. That's why we offer Oral Health for Overall Health<sup>SM</sup> benefits<sup>1</sup> to our members with qualifying medical conditions.

- Pregnancy<sup>2</sup>:** Hormonal changes during pregnancy increase the risk of gingivitis (gum disease) or periodontitis, which causes swollen or bleeding gums. Untreated gingivitis may result in low birth weight babies.
- Diabetes<sup>3</sup>:** High blood sugar increases the risk of gum disease (gingivitis) and periodontal disease. This makes it more difficult for people living with diabetes to manage their condition.
- Coronary Artery Disease (CAD)<sup>4</sup>:** 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 coronary artery disease, heart attack, or stroke.
- Stroke<sup>5</sup>:** Studies have shown that periodontal disease significantly increases the risk of stroke and research suggests that treating gum disease may reduce this risk.
- Oral Cancer:** Your dentist can identify suspicious oral lesions early on and treat the side effects of oral cancer treatment. Oral cancer treatment can reduce saliva which can lead to infection and increase the risk of tooth decay.
- Sjögren's Syndrome<sup>6</sup>:** This disorder affects the glands that produce saliva and tears. The resulting dry mouth can lead to tooth decay, infection, and affect speaking, chewing, and swallowing. Your dentist may spot problems at an early stage during regular exams.
- Head and neck cancers:** Primary risk factors include tobacco, alcohol, and HPV. The side effects from head and neck cancer treatment can have a significant impact on your oral and overall health.

Enroll today at [FloridaBlueDental.com/oral-health](https://FloridaBlueDental.com/oral-health) 

<sup>1</sup>Available for group non-ACA and ACA Individual members only. <sup>2</sup>Expectant Mothers' Periodontal Health Vital To Health Of Her Baby. (2013). [perio.org](http://perio.org). <sup>3</sup>Llambes, F.; Arias-Herrera, S.; & Caffesse, R. (2015). Relationship Between Diabetes and Periodontal Infection. [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov). <sup>4</sup>American Dental Association. (2015). Periodontal Disease and Cardiovascular disease. [ada.org](http://ada.org). <sup>5</sup>American Academy of Periodontology. (n.d.). Gum Disease and Heart Disease. [perio.org](http://perio.org). <sup>6</sup>[sjogrens.org](http://sjogrens.org) (2017).

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