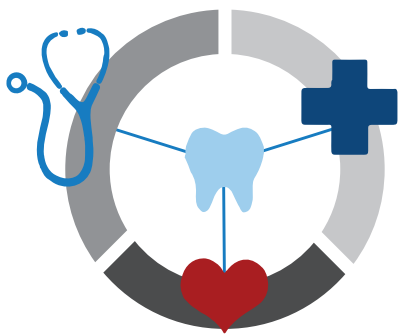




HOW DENTISTS CAN HELP



Improving oral health reduces systemic infection and inflammation allowing the body to heal itself. Eliminating oral infections may lead to disease reversal.



Studies suggest that nearly half of all heart attacks and ischemic strokes could be prevented with complete health dental treatment.

PREVENTION: lifestyle habits

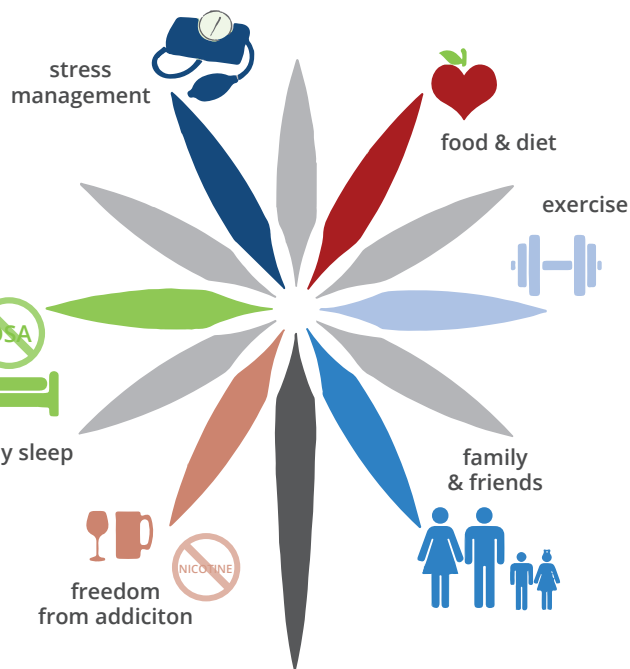
the key to reducing your risk...

stress management

Excess stress may be detrimental to your health. The stress response initiates hormones that increase your heart rate, blood pressure, and muscle tension. Long-term exposure to stress can disrupt nearly every organ in your body, increasing your risk for serious health complications such as heart attack and stroke.

food & diet

Eating a healthy balanced diet lowers your risk for many chronic conditions including obesity, heart disease, stroke, some cancers, diabetes and depression.



exercise

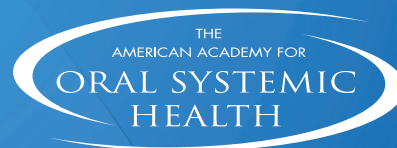
Regular exercise is important for total body health. Exercise improves heart health by helping your heart and cardiovascular system work more efficiently. It can help control blood pressure, improve blood lipids and reduce systemic inflammation.

healthy sleep

Proper sleep is important for general health. Lack of sleep enhances pro-inflammatory activity and reduces proper immune function, impacting your safety, vitality, and longevity.

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