



ORAL & HEART HEALTH GUIDE

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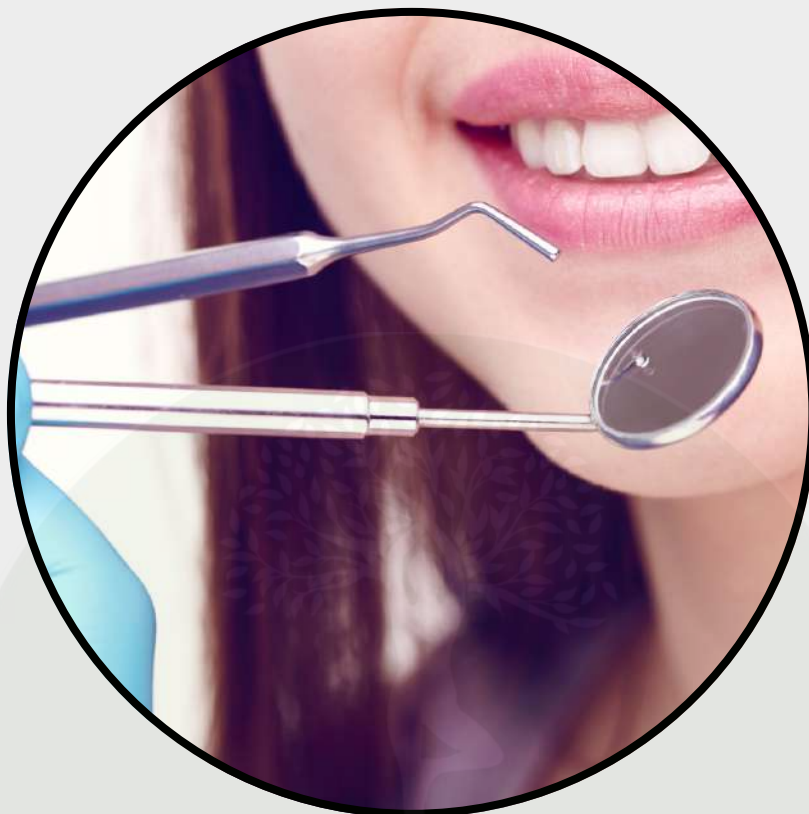


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INTRODUCTION



Your mouth is more than just a place for eating and speaking; it's a window into your overall health. Recent research has shed light on the strong link between oral health and various systemic diseases. A 2021 study published in the *Journal of Clinical Periodontology* found that gum disease was associated with higher risks of cardiovascular disease, cardiometabolic disorders, and general health conditions. This underscores the importance of maintaining good oral hygiene as part of a holistic approach to health.



MOUTH-BODY CONNECTION

INFOGRAPHIC



Gum disease (periodontitis) is linked to an increased risk of heart disease and stroke.



Poor oral health can contribute to **respiratory** infections such as pneumonia



Chronic gum inflammation weakens the **immune system's** ability to fight off infections in other parts of the body.



Gum disease makes it harder to control **blood sugar** levels, worsening diabetes.



Poor oral health is linked to complications during **pregnancy**, such as preterm birth and low birth weight.

Your Natural Oral Supplements



CHECK IT OUT





ORAL HEALTH CHECKLIST



Brush Twice a Day - Use a soft-bristled toothbrush and fluoride toothpaste. Brush for two minutes



Floss Daily - Clean between your teeth and along the gumline to remove food particles



Use Mouthwash - Use an antimicrobial mouthwash to help reduce plaque, fight gingivitis, and freshen your breath.



Limit Sugary and Acidic Foods - These foods and beverages can lead to tooth decay. Try to reduce consumption



Visit Your Dentist Regularly - Schedule dental checkups every six months to catch early signs of tooth decay, gum disease, or other oral health issues.



7 HEART ATTACK-STOPPING SYMPTOMS



Chest Pain or Discomfort: This is a common early sign of a heart attack. Preventative oral health care may reduce inflammation that could lead to this condition.



Pain in the Arm or Jaw: Poor oral health can contribute to a heightened risk of heart complications, sometimes manifest as pain in areas other than the chest.



Shortness of Breath: Difficulty breathing, sometimes related to poor health, can signal a heart issue.



Fatigue: Unexplained fatigue could be an early sign of heart problems. Good oral hygiene reduces systemic inflammation, lessening this risk.



Cold Sweat or Lightheadedness: These symptoms can indicate an underlying heart problem that may be exacerbated by infections caused by poor oral health.



Irregular Heartbeat: Gum disease and tooth decay can contribute to increased heart stress.



Persistent Cough: Though not a typical sign, heart issues can sometimes present as a cough—another reason to ensure oral health is not neglected.



NUTRITION FOR ORAL HEALTH & HEART HEALTH



Strawberries: Rich in Vitamin C and antioxidants that boost gum health.



Blueberries: Packed with antioxidants to fight inflammation, which affects both oral and heart health.



Apples: Their fibrous texture acts as a natural toothbrush, cleaning teeth while chewing.



Pomegranates: Contain compounds that may help prevent plaque buildup on teeth.



Oranges: An excellent source of Vitamin C, which supports healthy gums.



PRINTABLE 6-MONTH DENTAL CHECK-UP REMINDER CARD

Last Appointment Date: _____

Next Check-up Due: _____

Dentist's Name: _____

Phone Number: _____

Dental Address: _____

Answer Some Question Before You Visit Your Dental

- ☐ Brush and floss thoroughly.
- ☐ Please bring any dental appliances (like retainers) if you need them.
- ☐ Update medical information (medications, allergies).
- ☐ Note any issues or concerns to discuss with the dentist.

Always Keep In Mind

- Schedule the appointment at least a month in advance.
- Regular check-ups help prevent cavities, gum disease, and other oral health issues.
- Replace your toothbrush every 3 months for best results.



Your Natural Oral Supplements



CHECK IT OUT



OUR LAST WORD

The connection between oral health and overall health is clear and significant. By prioritizing your oral care routine, maintaining regular dental check-ups, and adopting a healthy lifestyle, you can significantly improve not just your oral health, but your overall well-being. Remember, a healthy smile is more than just aesthetically pleasing – it's a key component of a healthy body and a fulfilling life.

Take action today to improve your oral health, and you'll be taking a big step toward enhancing your overall health and quality of life. Your future self will thank you for it!

