

HEALTHY MOUTH, HEALTHY YOU: THE KEY TO OVERALL WELL-BEING

Did you know that caring for your teeth doesn't just give you a healthy smile? It could help improve your whole-body health, too.

National Smile Month is the perfect time to focus on how your oral health impacts your entire body.

A healthy smile isn't just about looking good; it's about maintaining overall health.

The effectiveness of your oral hygiene can influence various conditions that affect other parts of the body - known as systemic diseases - making it essential to take care of your mouth.

Regular professional dental cleaning, along with proper dental care at home, play a crucial role in this.

“ A clean mouth is not just a sign of good oral hygiene; it's essential for your overall health. ”

Dr Nigel Carter, Chief Executive, Oral Health Foundation



THE HIDDEN DANGERS OF BIOFILM

Biofilm, also known as dental plaque, is a sticky layer of millions of bacteria that forms on all surfaces in your mouth, including the teeth and gums.

In the mouth, some bacteria are harmless, but others can cause serious health problems if the balance is upset.

Biofilm is the main cause of dental issues like

tooth decay (caries) and gum disease (gingivitis and periodontitis).

But did you know that biofilm's impact can go beyond your mouth? Studies have suggested that the bacteria in biofilm may enter your bloodstream and contribute to systemic diseases such as cardiovascular disease, diabetes, and even Alzheimer's.

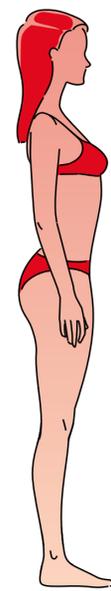
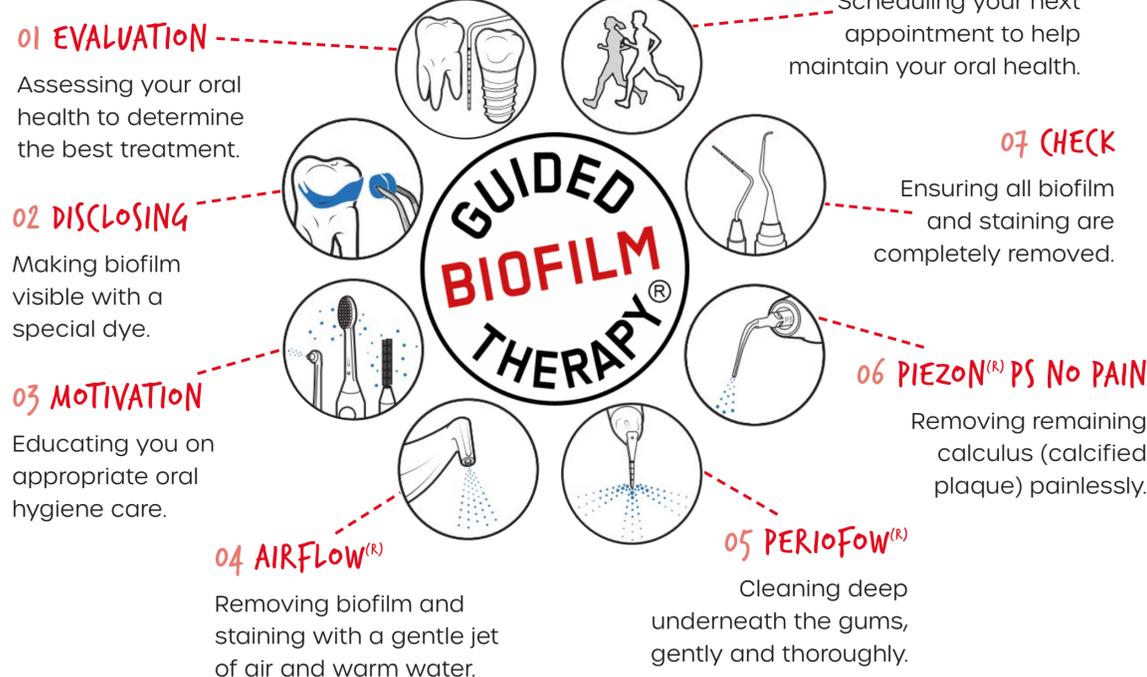
GUIDED BIOFILM THERAPY: A MODERN APPROACH

To combat the harmful effects of biofilm, a new method called Guided Biofilm Therapy (GBT) has been developed.

This modern approach combines professional dental cleaning with at-home oral care to manage and eliminate biofilm effectively.

GBT is designed to be comfortable and painless, making your dental cleaning experience more like a wellness session.

GBT involves several key steps:



- DEPRESSION
- ALZHEIMER'S
- ORAL CANCER
- STROKE
- LUNG CANCER
- CARDIOVASCULAR DISEASE
- DIABETES
- BREAST CANCER
- PREMATURE BIRTH
- PANCREATIC CANCER
- LIVER DISEASE
- RHEUMATOID ARTHRITIS
- INFERTILITY/IMPOTENCE
- OSTEOPOROSIS

WHOLE-BODY HEALTH STARTS IN THE MOUTH

Understanding the association between oral health and overall health will help you to keep up with regular hygiene appointments.

For example, bacteria from biofilm can make diabetes harder to manage by affecting blood sugar levels. Similarly, the swelling and irritation (inflammation) in the mouth resulting from gum disease has been associated with higher risks of heart disease and stroke.

This, of course, provides ample motivation for you to prioritise your oral care.

THE ROLE OF TECHNOLOGY IN MODERN DENTISTRY

Advances in dental technology, such as the GBT protocol, have transformed dental care.

The tools used effectively remove biofilm without causing discomfort. Unlike traditional methods that can be painful and damaging, these modern devices allow the cleaning experience to be both pleasant and effective.

Experiencing this comfort makes you more likely to return for regular appointments, maintaining your oral health lifelong.



ENCOURAGING GOOD HOME CARE

While professional cleanings are essential, maintaining good oral hygiene at home is equally important.

You should brush your teeth at least twice a day for two minutes with a fluoridated toothpaste, and clean between your teeth daily, for instance using interdental brushes or water flossers.

Your dental hygienist can also use disclosing tablets to help you see where you might be missing biofilm, allowing you to improve your at-home techniques.

IT'S TIME TO SMILE!

National Smile Month is an ideal time to consider how your oral health impacts your overall well-being.

By emphasising the importance of professional cleanings and proper at-home care, you can help to prevent both oral and systemic diseases.

Guided Biofilm Therapy is a

state-of-the-art approach that ensures effective and painless biofilm removal, contributing to better health outcomes.

What's more, your dental team can provide you with educational resources to help you understand the importance of oral health. By following their advice and

maintaining regular dental visits, you can enjoy a healthy smile and a healthier life.

A clean mouth is not just a sign of good oral hygiene; it's a cornerstone of your overall health. So, keep smiling and take care of your teeth and gums - they're essential for your well-being!