THE BENEFITS OF PROPER DENTAL HYGIENE

There are a myriad of reasons to take care of your teeth. Did you know that your dental condition can impact your chance of heart disease? Heart disease is the top cause of death in the US. Neglecting your teeth leads to the build up of plaque which can enter your bloodstream through your mouth which can cause atherosclerosis, a serious form of heart disease.

Oral bacteria can introduce inflammation in your entire body, increasing your chances of rheumatoid arthritis and other inflammatory conditions.

Taking care of your teeth can also lead to better respiratory health. Once inside your lungs, oral bacteria can increase your risk of infections like pneumonia and bronchitis.

Gum disease can also increase your risk of all types of cancer, especially cancers in the blood.

Periodontal disease can cause fertility issues in women, it can also negatively affect fertility treatments. This is likely due to the impact gum disease has on the hormones progesterone and estrogen.

If you have tartar buildup, your mouth releases substances that kill your brain cells. Combining this with the oral bacteria entering your nerve channels through your blood stream, your risk of Alzheimer's disease and memory loss increase.

Dental cleanings are recommended to occur at a minimum, every 6 months. Different factors increase the frequency you should be receiving dental treatment.

To maximize the valuable benefits that come from taking care of your teeth and gums, call Beacon Place Dental Group at 617-738-0700 to schedule an appointment.

Beacon Place Dental Group