3 Ways to Improve Your Oral Health and Heart Health

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Administrator

Time to stop obsessing about the low cholesterol diet—now it's all about your oral health! Did you know that, according to the American Academy of Periodontology, people with gum disease are almost twice as likely to suffer from coronary artery disease, than those without? That's right, keeping your pearly whites clean can help increase your heart health. Here's three fast ways to improve oral health, courtesy of Ormco Corporation, a leader in innovative orthodontic technology:

1. Floss daily—flossing does about 40 percent of the work required to remove sticky bacteria or plaque from your teeth

2. Invest in orthodontic treatment—straight and evenly spaced teeth are easier to keep clean, resulting in better oral health. Ask your orthodontists about new faster and more comfortable treatment options like the innovative Damon System or virtually invisible Insignia Clearguide Express aligners

3. Avoid high sugar foods—sugary foods and drinks can contribute to decay and negatively affect tooth enamel. If you're indulging, consume all your sweets at one time instead of throughout the day to limit the amount of time sugars have to wreak havoc in your mouth

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