Want to attract and keep top talent? Your benefits package is crucial! Think beyond just health and retirement.

Benefits like Dental Insurance offer real, meaningful support, especially for employees and their families.

Did you know that your oral health can have a significant impact on your overall health? It's true! Your mouth offers clues about your general well-being. Good dental hygiene can help improve your overall health. As a bonus, maintaining good oral health can even REDUCE your healthcare costs!

Your Mouth: A Window to Your Health

Your mouth is a gateway to your body. It's home to a diverse community of bacteria, some beneficial and some potentially harmful. When oral health declines, it can have a ripple effect throughout the body. Oral bacteria can contribute to:

1. Cardiovascular Disease: Heart disease as well as clogged arteries and even stroke, can be traced back to oral bacteria.
2. Diabetes: People with diabetes may experience more severe gum disease, and poorly controlled diabetes can increase the risk of oral health problems.
3. Respiratory Infections: Bacteria from the mouth can travel to the lungs, increasing the risk of respiratory infections such as pneumonia.
4. Low birth weight: Poor oral health has been linked to premature birth and low birth weight in newborns.

Over $45 billion is lost in productivity in the United States each year because of untreated oral health problems. These oral diseases can result in the need for costly emergency room visits, hospital stays, and medications, not to mention loss of work time. The pain and discomfort from infected teeth and gums can lead to poor productivity in the workplace, and even loss of income. Children with poor oral health are more prone to illness and may require a parent to stay home from work to care for them and take them to costly dental appointments. In fact, over 34 million school hours are lost each year because of emergency dental care.

So, how do you prevent this nightmare of pain, disease, and increased healthcare costs? It's simple! By following through with your routine yearly dental check-ups and daily preventative care, you will give your body a big boost in its general health. Check out these tips for a healthy mouth:

- **Maintain a regular brushing/flossing routine:** Brush and floss your teeth twice daily to remove food and plaque from your teeth and between your teeth where bacteria thrive. Use the right toothbrush—when your bristles are mashed and bent, you aren't using the best instrument for cleaning your teeth. Make sure to replace your toothbrush every three months.
- **Visit your dentist:** Schedule regular check-ups and cleanings with your dentist. They can identify and address any potential issues early on.
- **Eat a healthy diet:** Limit sugary foods and drinks, as they contribute to tooth decay. Starchy foods have a similar effect.
- **Drink more water:** Water is the best beverage for your overall health—including oral health. Drinking water after every meal can help wash out some of the negative effects of sticky and acidic foods and beverages in between brushes.
- **Quit Smoking:** Smoking weakens the immune system and increases the risk of gum disease.

Investing in your oral health is an investment in your overall well-being. By practicing good oral hygiene, you can not only maintain a beautiful smile but also significantly improve your overall health and quality of life. And at the same time, you can increase your productivity and potentially lower your healthcare costs – a win-win!

YOUR LOGO