

Choose Health

Healthy Choices Build A Healthy Body

Mouth & Body: The Connection!

The first sign of disease often times shows up in your mouth! Gum disease is linked to major illnesses including cardiac disease, heart attack, stroke, and diabetes. 80% of U.S. adults have gum disease.

Take care of your mouth; Take care of your body!

Stress

- _ Stress attacks health!
- _ Seemingly harmless habits rob time and energy.
- _ Stress factors include: health issues, work demands, relationships, technology, electronic media, and finances
- _ Stress can affect your periodontal health!

Fuel:

The better the fuel, the stronger the mouth and body will be!

Toxic Drinks

- _ Sugary Drinks
- _ Energy Drinks (boost heart rate, raise blood pressure, dehydrate the body, cause insomnia, erode teeth)
- _ Diet Drinks (contain chemical and artificial sweeteners, and are highly acidic)
- _ Caffeinated Drinks (psychoactive effects and are addictive)

Steps To A Healthy Life:

- _ Stress Reduction: Reduce stress! Find a way to relax and enjoy time with family and friends!
- _ Night Guard (Splint): Non-invasive approach to protect teeth from clenching and unnecessary wear.
- _ Healthy Drink Choices: Avoid soda pop and energy drinks. Drink water instead!
- _ Oral Home Care: Brush and floss daily. See your dentist every 6 months.
- _ Professional Care: See the professional care providers that can help you maintain a healthy body!

Creekside Dental
13097 S. Parker Rd.
Suite A
Parker, CO 80134
303.841.0549
www.creekdental.com

Burning Tree
Family Dentistry
7601 Burning Tree Drive
Franktown, CO 80116
303.688.2512
www.gotgrin.com

"Sometimes it's a little better to travel than to arrive."

-Robert M. Pirsig