



What is your mouth saying about your overall health?

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You may have heard the saying that the eyes are the window to the soul, but did you know that the mouth is the window to overall health? When you think about health goals you may picture the gym and kale smoothies, but oral hygiene is just as important.

By taking a look inside your mouth, your dentist can tell many things about your overall health. An unhealthy mouth can be a sign of an unhealthy body, and many oral conditions can be a sign of serious underlying health problems. Protecting your oral health is a positive step towards a healthy body.

Do you have gum redness or bleeding while brushing or flossing? Do you have bad breath? If so, you may have the start of periodontal disease. Left untreated, gum inflammation can become worse, leading to soft tissue damage, receding gums, the formation of pockets between teeth and gums, bone loss and tooth loss.

Treating inflammation in the mouth may not only help manage periodontal diseases, but may also help with the management of other chronic inflammatory conditions.

Take a look in the mirror. If your teeth are crowded or overlapping you likely have “malocclusion” and it’s a disease. Malocclusion can lead to periodontal disease and create abnormal amounts of stress on teeth and jaws, which lead to premature wear and costly, extensive dental treatment. Research shows that periodontal disease is associated with several diseases. Years ago, it was thought that bacteria linked periodontal disease to other diseases in the body, but new research shows that inflammation may be responsible. Treating inflammation in the mouth may not only help manage periodontal diseases, but may also help with the management of other chronic inflammatory conditions.

Stop hiding your smile! Taking good care of your mouth, teeth and gums is a worthy goal in and of itself. Good oral and dental hygiene can help prevent bad breath, tooth decay and gum disease—and can help you keep your teeth as you get older.

So, what you should do?

- Straight, properly aligned teeth can help you avoid the negative effects of inflammation in your mouth and reduce the chances of inflammation impacting the rest of your body:
- Properly aligned teeth are easier to brush and floss than crowded or crooked teeth. Properly positioned teeth can help gums fit more tightly around them, which may lead to better periodontal health.
- Properly aligned teeth reduce the risk of expensive procedures to repair the effects of abnormal force, like as tooth chipping, breaking, or wear.
- With good oral hygiene, the chances of having plaque retention, tooth decay, and periodontal disease can be reduced.



In straightening your teeth, the appearance of your smile will also improve, and your gums will be healthier. If you suffer from gum redness or bleeding, crowded or overlapping teeth, call a trusted dentist with experience in orthodontics. Teeth that fit together and function properly last longer and require much less dental work in the long run.

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