



# Quality oral care for total health

Healthy teeth and gums are important to your overall health. Good oral hygiene can help prevent bad breath, tooth decay, and gum disease – and even some medical conditions. That’s why our focus on total health, with integrated dental and medical services, helps make managing your health care easier.<sup>1</sup>

## Beyond the gumline

Problems that develop in your mouth can also affect the rest of your body. Your oral health is linked to various diseases and conditions, including heart disease, diabetes, pregnancy and birth complications, and pneumonia. With coordinated preventive care, we can help find and treat these conditions early.

## Tips for a healthy smile

- Go to the dentist regularly (generally once a year, if you don’t have any concerns).
- Avoid snacking throughout the day.
- Drink water instead of sugary drinks.
- Brush your teeth twice a day and floss.
- Avoid tobacco use.

## Start healthy habits early

A healthy mouth and teeth are important parts of a child’s wellness. About 1 in 5 children ages 5 to 11 have at least one untreated decayed tooth.<sup>2</sup> Tooth decay can be prevented with proper oral care. Visit [kp.org/thrivingheights](https://kp.org/thrivingheights) to learn about oral care tips for kids.

Visit [kp.org/dental/nw](https://kp.org/dental/nw)

<sup>1</sup> Medical services are available at select locations. You must be enrolled in a Kaiser Permanente medical plan to receive medical care.

<sup>2</sup> Children’s Oral Health, Centers for Disease Control and Prevention, [cdc.gov/oralhealth/basics/childrens-oral-health/index.html](https://cdc.gov/oralhealth/basics/childrens-oral-health/index.html), accessed January 24, 2020.