



**Your oral health is important.**

That's why Philips Sonicare provides the powerful tools you need to optimize your daily regimen.

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**PHILIPS**

Oral and overall health



Do you know about the link between **oral health** and **diabetes**?

It's about **more than your smile**

Many serious illnesses may be associated with your oral health.

Diabetes

Stroke

Pre-term birth

Heart disease

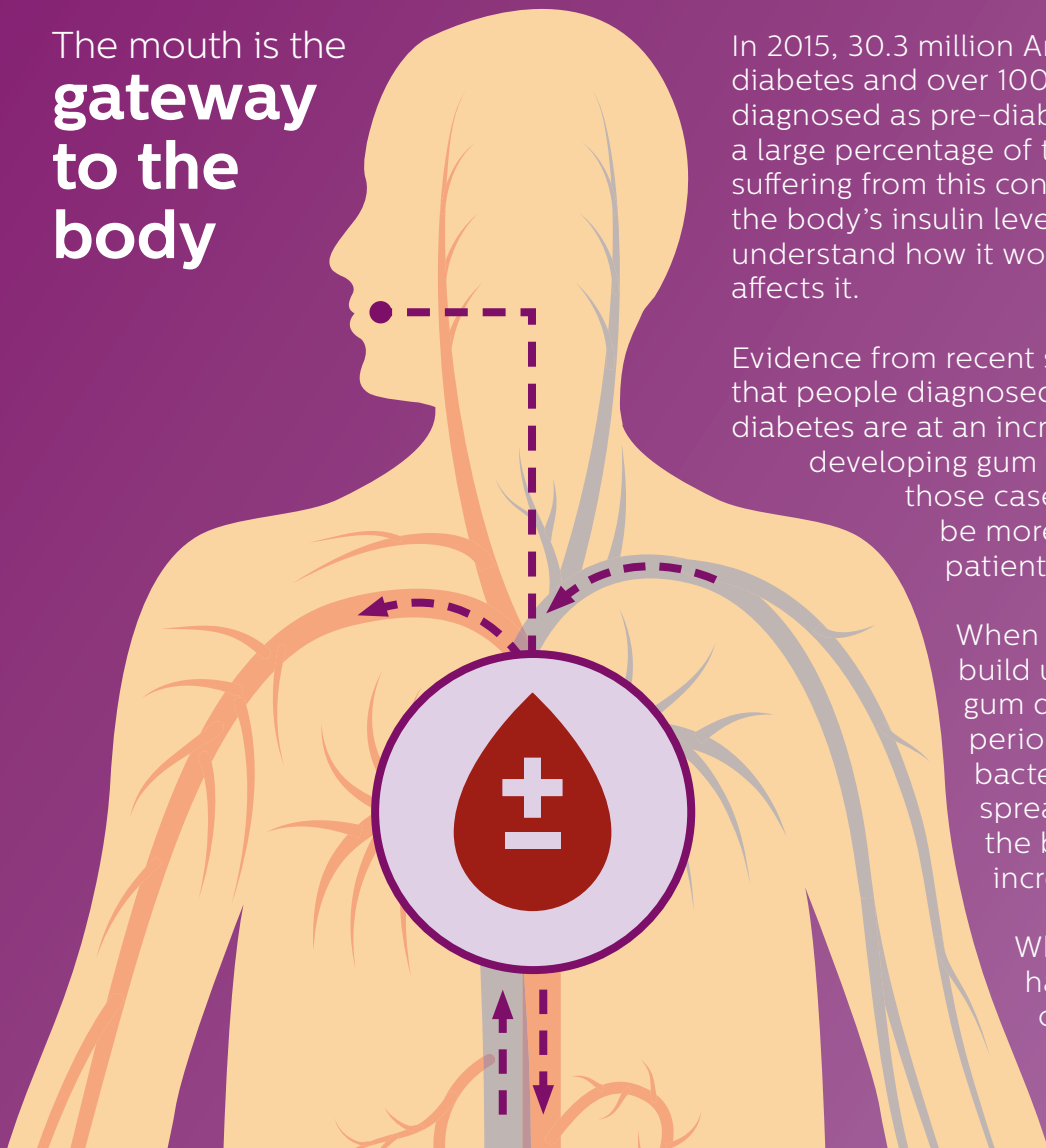
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1 According to the American Diabetes Association  
2 Chapple ILC, et al. *J Periodontol* 2013;84(4 Suppl.):S106-S112 doi:10.1902/jop.2013.1340011  
3 Han YW, Wang X. Mobile microbiome: Oral bacteria in extra-oral infections and inflammation. *J Dent Res* 2013; 92: 485-491.

## The mouth is the gateway to the body



In 2015, 30.3 million Americans had diabetes and over 100 million were diagnosed as pre-diabetic.<sup>1</sup> With such a large percentage of the population suffering from this condition that affects the body's insulin levels, it's vital to understand how it works and what affects it.

Evidence from recent studies indicates that people diagnosed with Type 2 diabetes are at an increased risk of developing gum disease, and that those cases are likely to be more severe than in patients without diabetes.<sup>2</sup>

When harmful bacteria build up in your mouth, gum diseases like periodontitis may permit bacteria to enter and spread throughout the body potentially increasing health risks.<sup>3</sup>

While current research has not established causation, the correlations are notable.



## The early signs of gum disease

Detect gum disease early by monitoring your oral health. Here's what you should look for:

- **Bleeding gums** when you floss or brush
- Red, swollen and **tender gums**
- Persistent **bad breath** or bad taste

Have you experienced any of these symptoms? **Consult your dental professional.**

## Small steps with a big impact

An effective daily oral care routine can keep your mouth healthy and may contribute to better overall health.



### Brush

The right tool and technique make all the difference – speak with your dental professional about how to improve your brushing



### Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums



### Rinse

Use a therapeutic mouthwash to help reduce plaque and gingivitis



### Check-ups

Even with the best at-home care, you should visit your dental professional twice a year