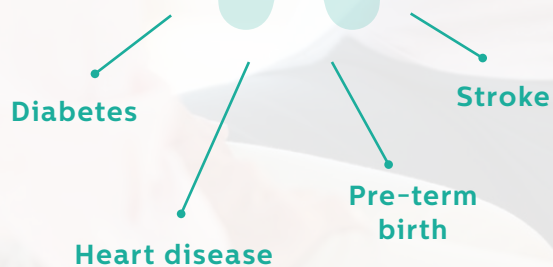




It's about more than your smile

Many serious illnesses may be associated with your oral health.



Your oral health is important.

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

Learn more about Philips Sonicare products at philips.com

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Oral and overall health



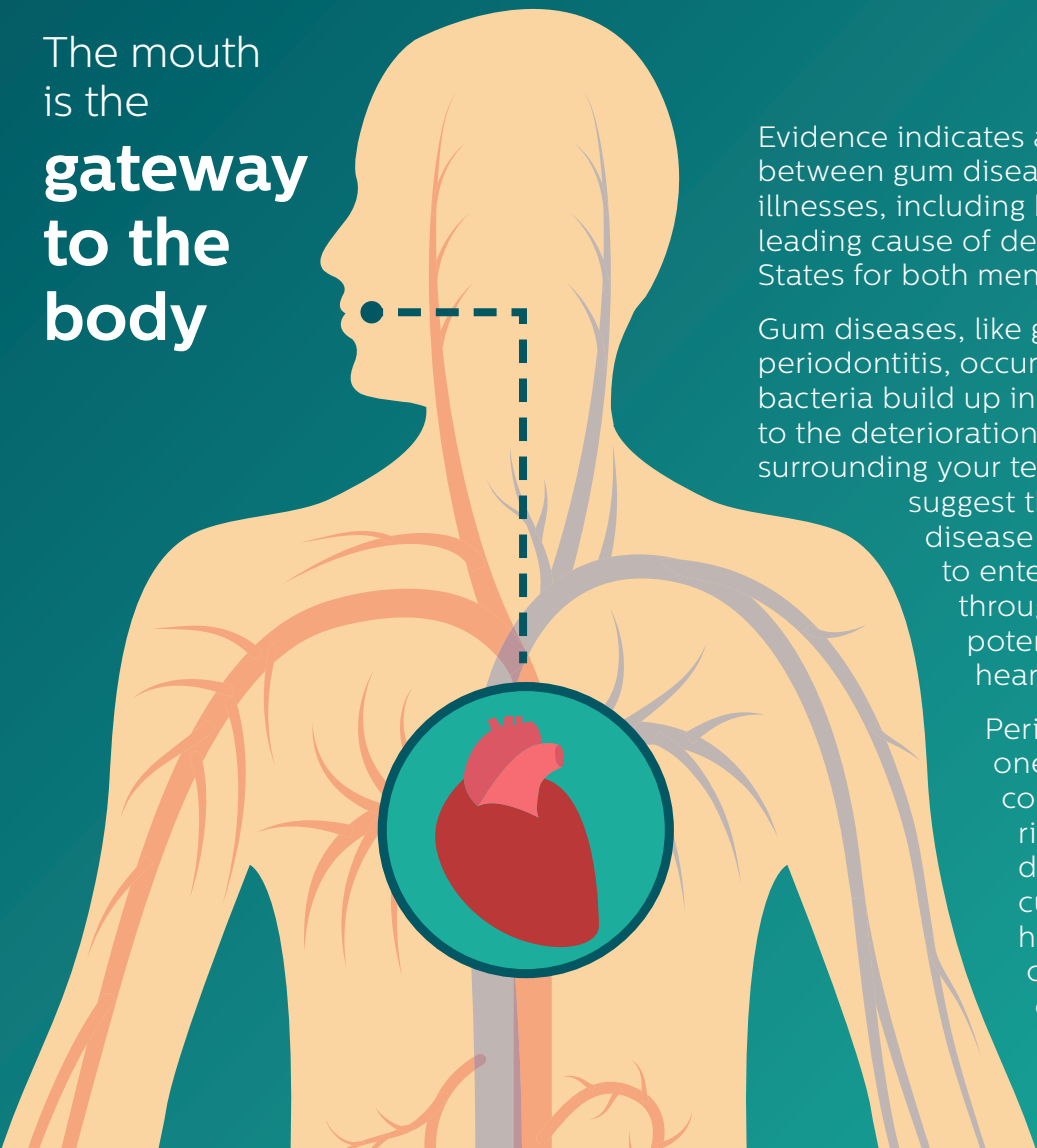
Can poor oral health impact your heart?

OFFICIAL GLOBAL PARTNER



World Oral Health Day
20 March

The mouth is the **gateway to the body**



Evidence indicates a possible link between gum disease and many chronic illnesses, including heart disease^{1,2} – the leading cause of death in the United States for both men and women.³

Gum diseases, like gingivitis and periodontitis, occur when harmful bacteria build up in your mouth, leading to the deterioration of bone and tissue surrounding your teeth.⁴ Clinical studies suggest that periodontal disease may permit bacteria to enter and spread throughout the body, potentially putting your heart's health at risk.⁵

Periodontal disease is one factor that may contribute to increased risk of cardiovascular disease.⁶ 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