GOOD ORAL HEALTH = WHOLE BODY HEALTH

A healthy mouth leads to a healthy body. Here are some examples why good oral health is about much more than a smile.

High Blood Pressure

- Lack of dental care may raise the risk of high blood pressure.
- Gum disease makes it difficult to control blood pressure with medicine than if you have good oral health.

Diabetes

- Gum disease makes it harder for people with diabetes to manage their blood glucose levels.
- Diabetes raises the risk of gum disease.

Obesity/Overweight

- Sugar-sweetened drinks and foods can raise the risk of obesity and tooth decay

Memory Loss

- There is a connection between chronic gum disease and Dementia and Alzheimer's disease.

Lung Health

- Gum disease can raise your risk of pneumonia.

Problems During Pregnancy

- Gum disease during pregnancy may lead to risk of preterm birth and giving birth to low birthweight babies.

DentaQuest administers dental care benefits to children and adults enrolled in Health First Colorado and CHP+. If you need help finding a dental provider or have questions about your dental benefits, Health First Colorado members call 1-855-225-1729, TTY 711. CHP+ members call 1-888-307-6561, TTY 711.

DentaQuest®

YOUR DENTIST CAN HELP YOU GET HEALTHY AND STAY HEALTHY!

- Tell your dentist if you have diabetes or heart disease or any other chronic condition.
- Talk with them about your medications and changes in your overall health, especially if you've been ill.

- Your dentist can address the impact your physical health has on your oral health.
- Set up dental checkups and cleanings every six months, or sooner if your dentist says you should.

Taking care of your oral health is part of your overall health. It's important to visit your dentist every six months *and* your doctor at least once a year. So, "Take 2 to Make 2." After you make an appointment with your dentist, take the extra time to call your doctor to make an appointment for your annual visit.