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Make Dental Health A Part Of Your Overall Well-Being

There are proven connections between a person's overall health and their [dental health](#) and many companies now offer some type of dental plan to help their employees remain healthy and available for work.

It has been shown that plaque that builds up on the teeth often flows into the person's system adding plaque to the heart and affecting their coronary health as well as their dental health.

A person who has had limited or no dental health care throughout their life may also end up with diseases such as gingivitis as well as severe cavities and rotting teeth. While the teeth may affect their appearance, gum diseases can lead to complications and other health care concerns.

Plaque is made up of colonies of bacteria and poor oral hygiene allows the bacteria to grow and infect other parts of the body. It is also a major contributor to bad breath.

While bad breath is often attributed to poor dental health, it is not the only cause. Food, such as onions, is digested and put into the blood stream. As the blood returns to the lungs to be re-oxygenated, it puts the odor of the food back into the lungs where it is released as bad breath.

This also happens to others such as smokers and no amount of brushing, flossing or scraping of the tongue will eliminate this source of bad breath.

Oral Hygiene Is Big Business

Taking care of the teeth is so important to most people that they spend over \$3 billion dollars a year on dental health products such as toothpaste, toothbrushes, dental floss and tongue scrapers as well as breath mints and gum.

While many will spend hundreds of dollars on dental health products, they shy away from a trip to the dentists and have a feeling of pain before they even enter the dentist's office.

In part, dentists may be to blame for some of the reluctance of people to seek professional help with their [dental health](#). Previously, many dentists were judgmental in their approach with patients, which made them feel even more uncomfortable than the actual work being done. Today's non-judgmental approach to dentistry is having a positive effect on good dental health.

Recent studies have also concluded that poor dental hygiene can be a contributing factor to ischemic stroke, one of the most common types of stroke in the United States. The plaque buildup can cause release of plaque which can settle into small blood vessels more common in the brain.

[Cav's Tip: If the high cost of dental care is preventing you from seeing your dentist, then [Click here to enter your Zip Code](#) and find out how to save at least 50% on your next Dental Bill.

You can also find this article published on [Make Dental Health A Part Of Your Overall Well-Being](#), and on the tag pages [Dental Care](#).