

RECLAIM YOUR SMILE— RECLAIM YOUR HEALTH

LISA MARIE SAMAHA, DDS

H **Healthy dental habits are important for maintaining a pleasing smile, and they are more important than you might think for maintaining a healthy body.**

In fact, they are critical to achieving Total Body Wellness. Many will agree that healthy lifestyle habits are important, especially so for those who are predisposed to health problems such as heart attack and stroke, diabetes, rheumatoid arthritis, obesity, Alzheimer's disease, respiratory disease, pregnancy complications, infertility, erectile dysfunction and cancer, among other issues.

As such, waves of health-conscious adults are now setting their sights on organic produce, grass-fed meats, and wild-caught fish. Gym memberships have become standard practice, and healthy individuals steer clear of smoking. They also make flossing, brushing, and visiting their dentist for regular check-ups an integral part of their life because they know that **periodontal disease—an infectious bacterial disease that destroys the gums and jawbone can affect and even destroy their total body's health. According to the World Health Organization, periodontal disease affects 85% of the adult population and is the number one cause of tooth loss.**

Millions of harmful bacteria live in your mouth, and their ability to attach to teeth and gums is the primary cause of periodontal infection. While excellent oral hygiene and professional care greatly reduce chances of getting periodontal disease, **the disease is highly contagious**, so you still might not be in the safe zone.

Several factors should be considered that may, in fact, put you at high risk for periodontal disease:

- **Having family members or friends with periodontal disease**
- **Having a low-quality nutritional intake; a wide range of vegetables are key to keeping your gums healthy**
- **Inheriting genetic markers for periodontal disease**
- **Diagnosis of other conditions, such as diabetes, obesity and osteoporosis, or if you are pregnant, on birth control or post-menopausal**
- **If you are under stress**

It is important to note that periodontal disease is silent until its middle-to-late stages, so it takes a skilled dental health professional to make a proper diagnosis and provide proper treatment options. Learn how to avoid the symptoms of periodontal disease like smelly breath, loose teeth, bleeding, receding gums, and tooth loss.

Most of all, learn how to keep a healthy mouth to avoid the dangers that periodontal disease can wreak on the rest of the body.

Everyone wants a beautiful, healthy smile, and with that comes a healthier body! **It's important to understand periodontal disease and use healthy dental habits to achieve and maintain Total Body Wellness.**

Healthy mouth, healthy body. Healthy body, healthy mouth.

Dr. Lisa Marie Samaha of Port Warwick Dental Arts is available to share more life enhancing information with you. Call 757.223.9270 and visit her website, www.PortWarwickDentalArts.com

SOME OF THE MOST TRAGIC STORIES COULD HAVE BEEN PREVENTED

HEALTHY MOUTH, HEALTHY BODY 2020 INITIATIVE

OUR VISION

To enhance the awareness of total body wellness by partnering with 2,000 medical practitioners on the Peninsula. Our community will be practicing better self-care based on their increased awareness of the life-enhancing connection between oral health and total health.

OUR MISSION

To increase the health and wellness of 20,000 people on our Peninsula by the year 2020 through the collaboration of local organizations supporting the integration of Dental Health into Total Health.

THE CONNECTION

Thousands of scientific research studies world-wide have connected periodontal disease with total body disease including:

Diabetes
High Blood Pressure
Heart Attack
Stroke
Kidney Disease
Lung Disease
Alzheimer's Disease
Dementia
Oral, Colon, Prostate,
Blood, Breast, Kidney,
Lung and Pancreatic
Cancers
Infertility
Erectile Dysfunction
Pre-term Birth and Other
Complications During
Pregnancy

"In the event that the integrity of the oral tissues is compromised, the mouth can become a source of disease or pathological processes affecting other parts of the body."

David Satcher MD, PhD
Former US Surgeon General

"Do not ever underestimate the critical role dental health professionals play in the overall health of your patients, even in saving their lives."

Charles Whitney, MD



Dr. Lisa Marie Samaha,
Founding Member
American Academy for
Oral Systemic Health

JOIN THE MOVEMENT.
HealthyMouthHealthyBody2020.com