DELTA DENTAL®

5 things your mouth says about you



Your mouth is a mirror. Although a look at your teeth and gums won't tell you if your shoes match your outfit, it can say a lot about your overall wellness. Your dentist may be able to identify these five problems the next time you open wide.

1. Stress

When life starts piling on the pressure, your teeth are often the first to show the signs. Grinding and clenching can wear down the enamel on your teeth. And many people who grind their teeth while sleeping don't realize it until they go in for a dental exam.

2. Systemic illness

Inflammatory conditions such as heart disease, diabetes and rheumatoid arthritis often appear hand in hand with serious gum disease, known as periodontitis.

3. Dementia

A lapse in oral hygiene is one of the early signs of dementia.

4. Osteoporosis

Ill-fitting dentures and changes in your jaw structure are signs of bone loss throughout the body.

5. Premature birth

Women with periodontitis are more likely to deliver prematurely — another reason to make sure you get dental cleanings during pregnancy.

Visit **deltadentalins.com/wellness** — a one-stop shop for oral and overall health tips.

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