



Healthy mouth, healthy body

Dental health is an important part of overall health, especially for those with certain medical conditions (see below). Good oral health routines and regular visits to the dentist help keep bacteria under control and prevent gum disease or infection. Florida Blue's Oral Health for Overall Health program also provides additional dental benefits that can help you live healthier. If you have one of the conditions listed below, talk to your dentist about the importance of maintaining good dental health.

The mouth-body connection: how oral health affects medical conditions

Diabetes

High blood sugar can increase the risk for periodontal disease; gum disease can cause additional blood sugar increases.

Coronary Artery Disease

Oral bacteria can enter the bloodstream, causing plaque to grow on the inner walls of heart arteries; this can lead to a variety of conditions, including infections and heart attacks.

Stroke

A stroke can occur when plaque breaks off from the wall of a blood vessel and travels to the brain, cutting off its blood supply.

Head and Neck Cancers

Radiation therapy is part of the standard treatment for head and neck cancers; it can cause dental problems, including mouth sores, tooth decay and gum infection.

Oral Cancer

Treatment for oral cancer can reduce saliva, leading to dry mouth and making tooth decay more likely.

Sjögren's Syndrome

This immune system disorder reduces saliva, causing dry mouth and making tooth decay more likely.

Pregnancy

Hormonal changes during pregnancy can increase the risk of oral health issues, which can result in lower birthweight babies.



Learn more about the impact of dental health on your overall health at floridabluedental.com/oral-health-for-overall-health.

Dental plans are offered by Florida Combined Life Insurance Company, Inc. (FCL), an affiliate of Florida Blue and an Independent Licensee of the Blue Cross and Blue Shield Association.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). FEP: Llame al 1-800-333-2227.

ATANSYON: Si w pale Kreyòl ayisyen, ou ka resewva yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770). FEP: Rele 1-800-333-2227.