



spotlight on health

How Good Oral Health May Help Your Heart

(NAPSA)—People with healthy mouths may have another reason to smile: Their pearly whites could be linked to healthy hearts.

The American Academy of Periodontology states that bacteria from your mouth not only cause bad breath but could also contribute to the development of heart disease, which is the No. 1 cause of death in the U.S.

More than 75 percent of adults in the U.S. have gingivitis and periodontitis and could potentially reduce their risk of heart disease by simply improving their oral health on a daily basis.

It is recommended that you floss daily. Some scientists believe periodontal bacteria enter the bloodstream, travel to major organs and begin new infections that may contribute to an increased risk of heart disease and stroke. This risk heightens as the severity of the oral infection increases.

It is important to note that there is not yet enough evidence to establish oral infection as an independent risk for heart disease or stroke, but controlling periodontal disease might still help keep you healthy. Patients can work to reduce their risk of the disease with regular dental care and by making sure to incorporate flossing into their daily oral care routine.

One amazing flossing product is REACH® CleanPaste™ Floss, which is infused with a revolutionary CleanPaste™ formula to provide a whole-mouth clean. It comes in an original and a “Tight Teeth” option. The American Academy of Periodontology notes that daily flossing keeps the formation of plaque to a minimum and that if it is continually neglected, and not removed every 26 hours, plaque can turn into calculus, which can lead to periodontal disease. The TSPP—also known as Tetrasodium Pyrophosphate—in REACH® CleanPaste™ Tartar Control floss is clinically proven to reduce plaque buildup. This daily cleansing helps keep the plaque biofilm under con-



Flossing regularly is good for your mouth and it may help your heart, too.

trol and reduces tartar formation, according to the American Dental Association.

If you are prone to producing extra plaque, try REACH® CleanPaste™ Tartar Control. REACH® CleanPaste™ Tartar Control is the first and only tartar control product that helps prevent plaque buildup between teeth and around the gum area with TSPP. If you're on the go, you can use the REACH® ACCESS® Flosser, which is a brush-style handle that makes flossing as easy as brushing. It is available in original as well as CleanPaste™ formulas.

Used properly, these products can help you reach the two out of five tooth surfaces that are missed with an ordinary toothbrush.

The best advice is to start young and make flossing a part of your daily regimen. If you have kids, you may want to get them into healthy oral hygiene habits early by getting them a floss that is fun. REACH® WILD FLOSSERS® are great for making flossing enjoyable, with their dinosaur heads and floss in the mouths.

Of course, flossing is only part of the healthy tooth equation, along with regular dental check-ups. It's important to spend at least two minutes brushing your teeth twice a day—especially before bed.

For more information, visit www.cleanpaste.com.