



Taking care of your teeth is just good medicine.

Your oral health can have a significant impact on your overall health. In addition to eating right, exercising and getting an annual physical, add a toothbrush and a trip to the dentist to your health care regimen. Regular visits to the dentist, combined with brushing and flossing, can guard against the development of oral bacteria. Studies indicate that this bacteria may be linked to many serious health problems. So for your good health, see your doctor and your dentist.