

What's an easy thing you can do each day to help improve your overall health?

Ask your dentist or hygienist.

Now your oral health is even more important to helping you improve your overall health.

What do we know about the association between chronic inflammation and other diseases?

A growing number of studies indicate that there may be an association between chronic oral inflammation, in the form of periodontitis, and diseases such as heart attack, stroke and diabetes. While more research is being done, many physicians and dentists are counseling their patients to avoid chronic oral inflammation.

How is my mouth involved?

Your mouth can be a site for chronic inflammation. Early gum disease, called gingivitis, is one example of chronic low-level oral inflammation. If left untreated, gingivitis can progress to periodontitis. Some studies suggest that there might be an association between periodontitis and diseases such as heart disease, stroke and diabetes, if you're concerned about any of these oral conditions, talk to your dentist or hygienist today.

What can I do to avoid these problems?

Start with the things we all know about. Exercise, healthy eating, lowering cholesterol and blood pressure, and quitting smoking are important steps. But keeping your mouth healthy by brushing twice daily, cleaning daily between your teeth with floss and visiting your dentist regularly is very important too. In addition to proper brushing and cleaning between teeth, try using toothpaste shown to reduce gingivitis by fighting both bacterial and oral inflammation.

How can my dentist help?

In a lot of ways your dentist can help. As a critical member of your healthcare team, your dentist is perfectly placed to help you.

Answer the questions below. If you answer two or more "yes" you need to talk to your dentist right away. Your dentist and hygienist can help you take care of any inflammation-related problems in your mouth NOW, before there's more trouble. Remember, better oral health can mean a healthier life.

- Has a medical professional ever told you that you have high blood pressure?
- Are you 20 or more pounds overweight?
- Do you lead a sedentary life (no regular exercise)?
- Do you have a family history of stroke, high blood pressure or heart attacks?
- Do you have diabetes?
- Do you smoke?

- Are you taking any of these: cholesterol lowering medication, blood pressure medication, diabetes medication?
- Do your gums bleed when you brush?
 - Regularly?
- Have you ever had a periodontal surgery?
 - If so, in the last year?
- Is this your first visit to the dentist in over a year?

Fight gingivitis in TWO ways.

Only Colgate Total has the triclosan/copolymer formula that:

- Kills bacteria in your mouth for up to 12 hours after brushing even if you eat and drink. And fewer bacteria means less gingivitis.
- Fights the compounds in your mouth that cause oral inflammation. And less inflammation means less gingivitis.

Brushing with Colgate Total every day provides 12-hour protection against gingivitis, plaque, cavities, tartar, and even bad breath. It's the only toothpaste approved by the FDA and accepted by the ADA to fight gingivitis, plaque and cavities.

No wonder more dentists and hygienists recommend Colgate Total than any other toothpaste