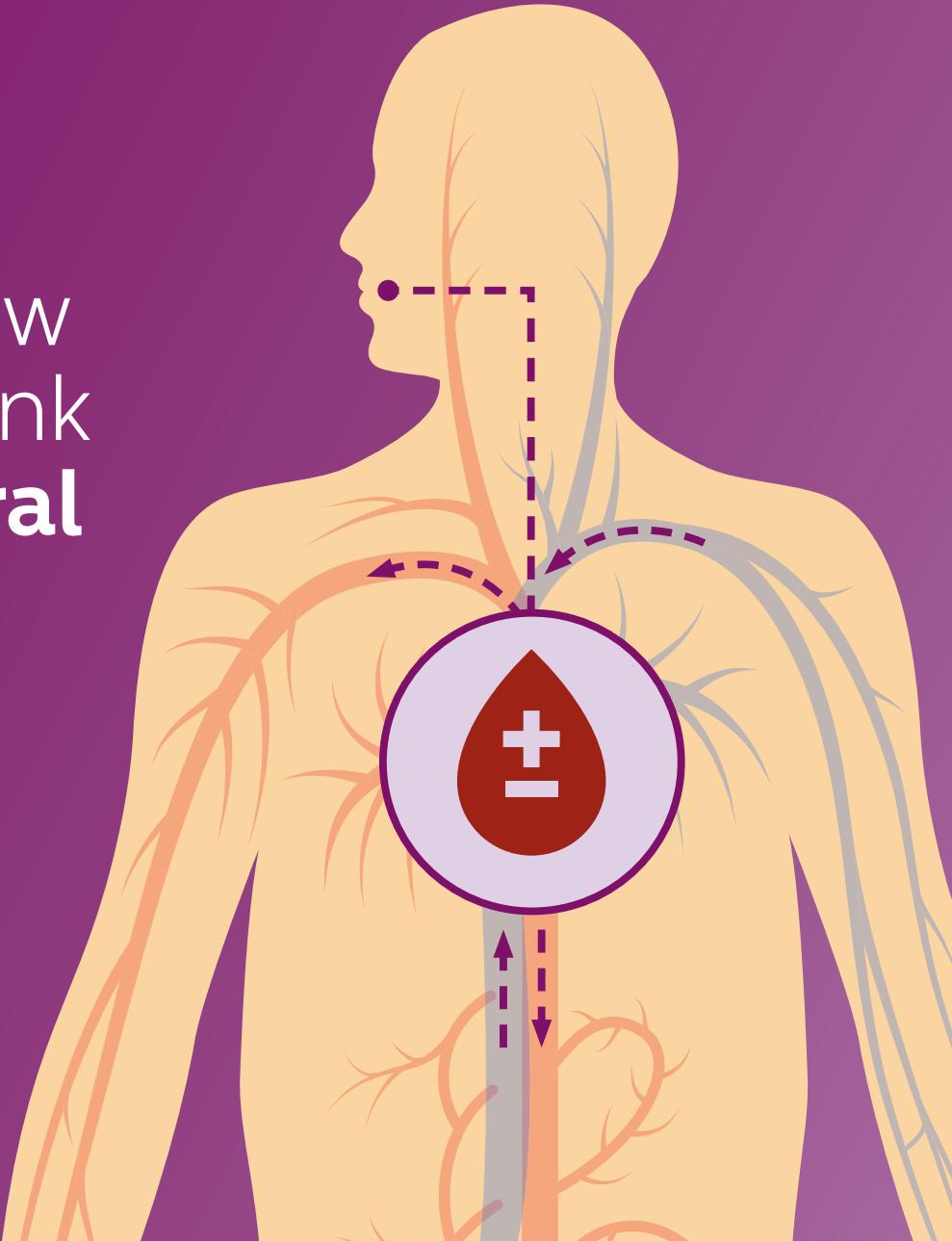


Do you know about the link between **oral health and diabetes?**



The mouth is the **gateway to the body**

Evidence from recent studies indicates that people diagnosed with Type 2 diabetes are at an increased risk of developing gum disease, and that those cases are likely to be more severe than in patients without diabetes.¹ When harmful bacteria build up in your mouth, gum diseases like periodontitis may permit bacteria to enter the blood stream and spread throughout the body potentially increasing health risks.² While current research has not established causation, the correlations are notable.

Small steps with a big impact

An effective daily oral care routine can keep your mouth healthy and may contribute to better overall health.



Brush

The right tool and technique make all the difference — speak with your dental professional about how to improve your brushing



Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums



Rinse

Use a therapeutic mouthwash to help reduce plaque and gingivitis



Check-ups

Even with the best at-home care, you should visit your dental professional twice a year



The early signs of gum disease

Detect gum disease early by monitoring your oral health. Here's what you should look for:

- **Bleeding gums** when you floss or brush
- Red, swollen and **tender gums**
- Persistent **bad breath** or bad taste

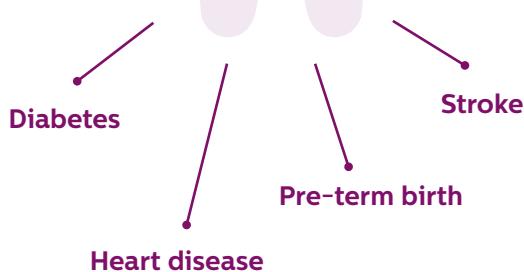
Have you experienced any of these symptoms? **Consult your dental professional.**

Your oral health is important.

That's why Philips Sonicare provides the powerful tools you need to optimize your daily regimen.

It's about more than your smile

Many serious illnesses may be associated with your oral health.



Learn more about Philips Sonicare products at philips.com