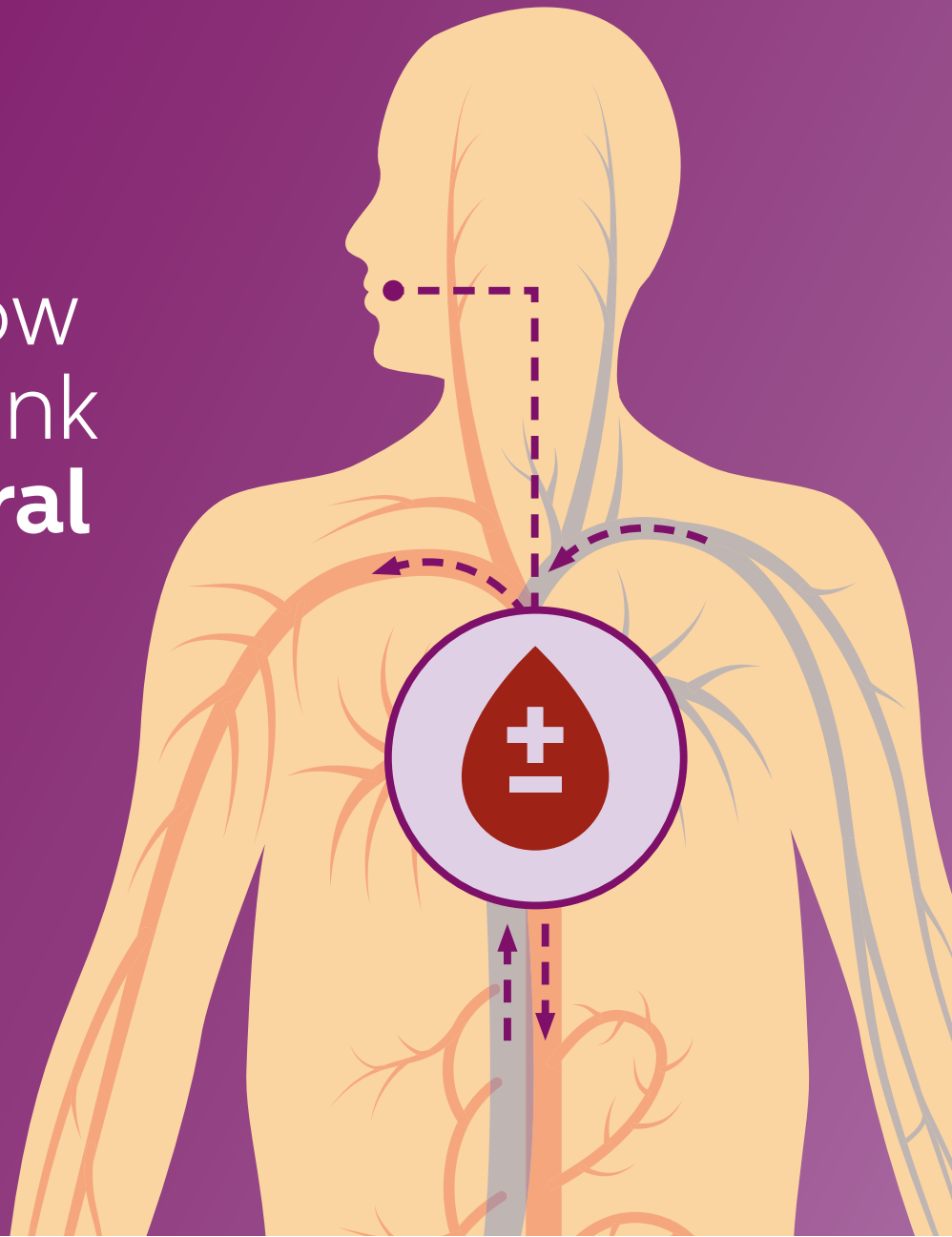


Do you know about the link between **oral health and diabetes?**



## 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.<sup>1</sup> 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.<sup>2</sup> 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



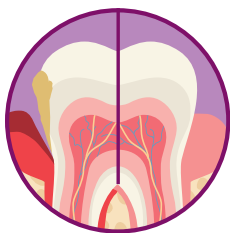
## Rinse

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

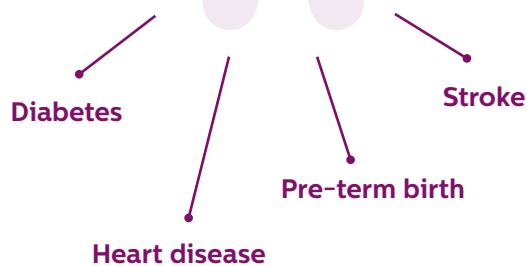
Have you experienced any of these symptoms? **Consult your dental professional.**

## 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](http://philips.com)

