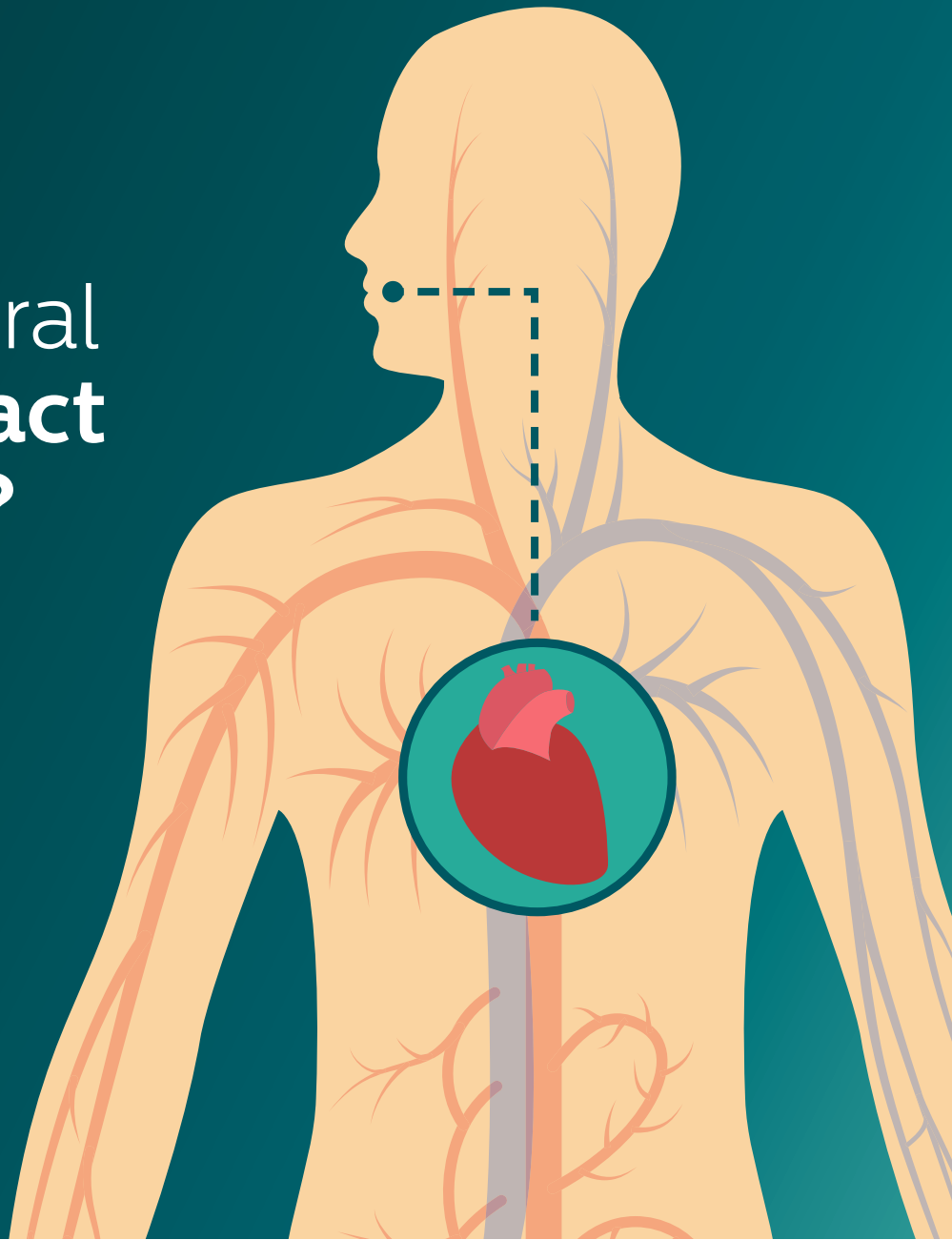


PHILIPS

Oral and overall health

Can poor oral health **impact** your heart?



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

Evidence indicates a possible link between gum disease and heart disease^{1, 2}. Clinical studies suggest that severe gum disease may permit bacteria to enter the blood stream and spread throughout the body, potentially putting your heart's health at risk³. 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

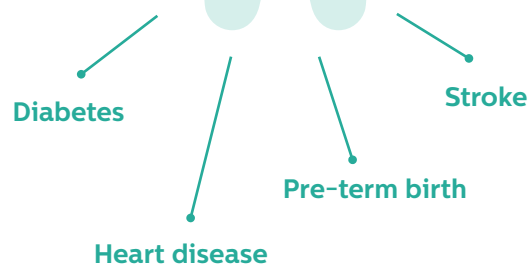
Have you experienced any of these symptoms? **Consult your dental professional.**

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



1 Dietrich T, Garcia RI. Associations between periodontal disease and systemic disease: Evaluating the strength of the evidence. J. Periodontol 2005;76:2175-2184.

2 Barnett ML. The oral-systemic disease connection. An update for the practicing dentist. J AM Dent Assoc 2006; 137 (suppl): 5S-6S.

3 Han YW, Wang X. Mobile microbiome: Oral bacteria in extra-oral infections and inflammation. J Dent Res 2013; 92: 485-491.