

SUNDAY MORNING HEALTH CORNER

Oral Health

A dentist can determine many things about your overall health by conducting an oral exam. When we think of dental hygiene care, the basics come to mind: bad breath prevention, gum disease, tooth decay, and routine cleanings. However, there is much more that your mouth may reveal about what is going on in your body. A good oral examination and saliva testing can detect the following diseases and concerns:

- **Diabetes**
- **Osteoporosis/Bone loss**
- **Certain Cancer Markers**
- **HIV/AIDS**
- **Environmental Toxins**
- **Illegal Drug Use**
- **Hepatitis**

Saliva not only protects against disease-causing bacteria, but is used for genetic testing and to replace blood testing for various diseases.

Regular dental visits are essential. Your mouth is a small part of the body that has an enormous impact on your overall health.

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