

## WHAT PROBLEMS COULD POOR DENTAL HEALTH CAUSE?



Studies show that poor oral health can be linked to many systemic diseases.

A person with periodontal disease is more likely to develop conditions such as diabetes, heart disease, and Alzheimer's disease.

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### References

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## Oral Health and Disease Prevention



Presented By:  
NAU Dental Hygiene  
Students



## What is Periodontal Disease?

- Inflammation of the gingiva (gums), alveolar bone, and periodontal ligament
- Causes bone loss, recession, and tooth loss
- Disease progression can be stopped with treatment by dental professionals and proper home care
- Periodontal disease can be linked to other health problems

## Why are regular dental visits important?

- Prevention, detection and maintenance of oral and systemic diseases and oral cancer
- Saves money in the long run

## What can you do to prevent periodontal disease?

- Brush teeth twice daily or after meals
- Use a soft-bristle toothbrush to softly brush gum line
- Floss daily
- Use fluoridated mouth rinse
- Watch sugar intake
- Utilize preventative care
- Avoid risks such as smoking or tobacco use



## Resources available to you:

Sid Davis Memorial Dental Clinic  
2700 N. Izabel St., Flagstaff, AZ 86004

Phone: (928) 213-5543

Free Services

North Country HealthCare Dental Clinic

2920 N. 4<sup>th</sup> Street, Flagstaff, AZ 86004

Phone: (928) 522-9405

Sliding Fee Scale

NAU Dental Hygiene Clinic

208 E. Pine Knoll Drive, Flagstaff, AZ 86011

Phone: (928) 523-3500

\$65 for cleaning, exam, x-rays and fluoride

## Voucher program for dental emergencies & preventative care:

Coconino County Health & Human Services

2625 N. King Street, Flagstaff, AZ 86004

Phone: (928) 679-7355

Mon: 11am-1pm, Tues 4pm-6pm

## Transportation:

Mountain Line

Monday-Friday, 8am-5pm

(928) 779-6624