A healthy mouth helps your whole body



Take care of yourself

Having a healthy mouth is an important part of staying well. Problems with your teeth or gums can make it hard to eat, talk, or enjoy your day. They can also affect the rest of your body. Taking care of your mouth helps you feel your best.

Say no to tobacco

Smoking or chewing tobacco can harm your teeth and gums. It can stain your teeth, cause gum disease, and raise your risk of mouth cancer. When you quit using tobacco, your health starts getting better right away

NYS quit line NYSmokeFree.com

Choose water over sugary drinks

Sugary drinks feed the bad germs in your mouth and can cause cavities. Alcohol can dry out your mouth and irritate your gums. Try choosing water instead. It helps wash away food, keeps your mouth moist, and supports your overall health.

Vaccines help protect your mouth, too

Some infections, like HPV, can affect your mouth and throat. Ask your doctor which vaccines are right for you. Vaccines help protect you from problems that may not show up until later.

Dental visits matter, especially if you have long-term health conditions

If you have diabetes, heart disease, or another long-term condition, regular dental visits are extra important. For example, people with diabetes have a higher chance of gum disease. Checkups help keep your teeth and gums healthy.

Tell your doctor or dentist about any changes

If food suddenly tastes different or smells seem strange, don't ignore it. These changes may be signs of a dental problem, an infection, or a reaction to medicine. Tell your dentist or doctor so they can help keep you healthy.

ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call 1-800-650-4359 (TTY 711). ATENCIÓN: Dispone de servicios de asistencia lingüística y otras ayudas, gratis. Llame al 1-800-650-4359 (TTY 711). 请注意：您可以免费获得语言协助服务和其他辅助服务。请致电 1-800-650-4359 (TTY 711).

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