



American Heart Association®

Healthy Smiles, Healthy Hearts™

Daily Habits That Protect Your Mouth and Heart

Prevention starts with what you do every day.

The health of your mouth and heart are connected. The good news is, there's a lot you can do every day to protect both. Small, consistent habits add up to big benefits.

- ✓ Brush teeth twice a day for 2 minutes with fluoride toothpaste.
- ✓ Floss once a day.
- ✓ Brush your tongue.
- ✓ Eat more fruits, vegetables, and lean proteins.
- ✓ Check your blood pressure regularly to spot early signs of problems.
- ✓ Limit sugar and ultra-processed foods.
- ✓ Quit smoking, vaping or using tobacco.
- ✓ Take medications as prescribed.
- ✓ Visit your dentist and doctor regularly.
- ✓ Talk about the oral and heart health connection with your health care team.

LITTLE ACTIONS YOU TAKE EVERY DAY CAN ADD UP TO BETTER OVERALL HEALTH.



**BRUSH
2X A DAY**



**FLOSS
DAILY**



**HEALTHY
EATING**



**TAKE
MEDS**



**DENTAL
VISITS**



Delta Dental is proud to collaborate with the American Heart Association's Healthy Smiles, Healthy Hearts initiative.

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