



OCTOBER 2021

# your HEALTH UPDATE

Head Toward Health—Start At The Top

## HEALTHY SIGHT and smiles



Face your total wellness by maintaining a healthy mouth and eyes.

Start with these tips to keep your eye and dental health in check:



### COMPLETE A DENTAL EXAM

Your dentist can pinpoint issues that can start in the mouth, such as cardiovascular and respiratory diseases as well as certain cancers. **Practice good oral hygiene to maintain the health of your mouth between visits to the dentist: floss daily, minimize added sugar in your diet, and avoid tobacco products.**



### GET YOUR ANNUAL VISION EXAM

Your eyes can show early signs of disease such as diabetes, cancer, heart disease, and even high cholesterol. **Complete an annual vision exam with your eye doctor to detect any issues early to support your total health.**



### KEEP AN EYE ON YOUR ORAL HEALTH

Studies show that the health of your mouth is linked to eye health. **Decrease your risk of developing eye diseases or potential vision loss by practicing healthy oral care to protect both your mouth and eyes.**