

# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

## How a Dental Exam Can Save Your Life

During a routine dental exam, you may think the dentist is only looking at your teeth, but think again. Signs of many serious diseases can be detected in the mouth, some at very early stages. Seeing a dentist regularly helps protect not only your oral health, but your overall health, too.



diseases can be detected by a dentist during an oral exam

Here are signs of some of the most commonly detected diseases.



### HEART DISEASE

Pain radiating to the jaw caused by insufficient oxygen to the heart muscle



### DIABETES

Dry mouth, distinctive breath odor, burning tongue, high rate of tooth decay, inflammation and infections in the mouth



### KIDNEY FAILURE

Stunted tooth development or enamel defects in children, dry mouth, odor, metallic taste, and ulcers on the tongue and gums



### ANEMIA

Burning, fiery red tongue, inflammation of the corners of mouth or pale gum tissues



### ORAL CANCER

White or red patches in the mouth, sores that won't heal, loose teeth, difficulty or pain when swallowing, lumps in the neck or cheek, pain in the mouth that doesn't go away

## What happens next?

If your dentist sees any signs of problems in your mouth, he or she will refer you to the proper specialist to investigate further. Since many diseases can be detected at a very early stage during an oral exam, the chances for successful treatment or management are increased.



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