

Brush, floss and see your dentist

Gum disease from poor oral hygiene can impact other body parts

*****SOT*****

Dr. Kent Splaingard, OSF HealthCare dentist

"I always point it out here. I remember taking that tooth out thinking, 'What a failure.' But I really look back at it and say, 'What a success.' Mom had her teeth all her life." (:10)

*****SOT*****

Dr. Kent Splaingard, OSF HealthCare dentist

"The mouth is like a picture window into the body's health." (:05)

*****SOT*****

Dr. Kent Splaingard, OSF HealthCare dentist

"You see a lot of debris on the teeth. You may see a film of bacteria. You also see a white-ish coating on the soft tissue." (:13)

*****SOT*****

Dr. Kent Splaingard, OSF HealthCare dentist

"You also see the social and economic problems with the people who can't chew properly. The poor nutrition they may be getting." (:10)

*****SOT*****

Dr. Kent Splaingard, OSF HealthCare dentist

"It's education, motivation and self-treatment." (:03)