



Dr Cameron Arnold | Smile Dental

keep smiling with regular check-ups

Your oral health is a good gauge of your general wellbeing.

A regular dental check-up is a good way to keep you smiling – all over. Dental research continues to make connections between our oral health and our overall health. A thorough oral examination, as your dentist or dental hygienist performs, can detect early warning signs of serious health conditions.

You can think of your dentist and hygienist as your undercover health detectives. We see the mouth as the doorway to the body and the mirror of general health. With regular check-ups, we can read the oral clues that give insights into your overall health. This allows us to give you valuable health feedback on your oral health, and the rest of you as well.

More than 90% of systemic conditions reveal signs or symptoms in the mouth. Consider these findings:

- Cancers of the mouth, tongue and jaw are usually first discovered during a comprehensive dental examination.
- Dental X-rays can reveal early stages of bone loss in menopausal and post-menopausal women.



- A sore and painful jaw can be an early warning of heart disease.
- Distinctive breath odour, bleeding gums, dry mouth and a high rate of decay are oral clues for diabetes.
- A burning, red tongue, inflammation in the corners of the mouth, and pale gum tissues are indicators of iron-deficiency anaemia.
- Erosion of tooth enamel, a filling raised above the eroded tooth surface, sensitive teeth, and enlarged parotid glands signal eating disorders, such as anorexia nervosa or bulimia.
- An extremely dry mouth, difficulty chewing or swallowing, and uncomfortably dry eyes can suggest Sjogren's Syndrome.

Today's medical advances are helping baby boomers and seniors to live longer, healthier, more rewarding lives. And regular check-ups at the dentist will help to keep you smiling all over.

Material supplied by Dr Cameron Arnold, principal dentist at Smile Dental. www.smiledental.com.au