



American Heart Association®

Healthy Smiles, Healthy Hearts™

# Oral+Heart CONNECTION



## Prevention & Self-care

*How can I keep my mouth and my heart healthy?*

You can support both your mouth and your heart with a few small daily habits. These habits include:

- Brush twice a day.
- Floss daily.
- Visit your dentist regularly.
- Eat healthy foods.



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

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- Limit salty and sugary snacks.
- Avoid smoking or vaping.
- Take your medications as your healthcare professional recommends.

Every positive step you take helps your overall health. You don't have to do everything perfectly. Small changes add up, and we're here to help you along the way.

### ***Which lifestyle changes can help lower my blood pressure?***

Many people find that a few small habits can make a big difference over time. You might try:

- Finding ways to be active each day.
- Adding more vegetables and fruits to your meals.
- Limiting salty or highly processed foods.
- Cutting back on caffeine when possible.
- Staying away from tobacco products.
- Using simple stress relief techniques such as deep breathing or relaxation.

You don't have to do everything at once. Even small steps can help your blood pressure move in a healthier direction, and we're here to support you along the way.

**Oral health is connected to heart health — what happens in your mouth can affect your heart.**

Learn more at [heart.org/OralHealth](https://heart.org/OralHealth)

