



American Heart Association®

Healthy Smiles, Healthy Hearts™

Oral+Heart **CONNECTION**



Support & Resources

Our FAQ cards answer common questions about how your oral health is connected to your heart health. Our goal is to provide simple, clear information so you understand why dental care is an important part of protecting your whole body. We are here to support you and help you stay healthy.



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

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Who can I talk to if I still have questions?

You're always welcome to reach out to anyone on our dental care team. We're here to help and happy to talk through any concerns you have. If your questions relate to your blood pressure or heart health, we may also encourage you to connect with your primary healthcare professional. Together, we can make sure you have the information and support you need to feel confident about your health.

Are there resources I can use to learn more?

Yes. Our office offers several Healthy Smiles, Healthy Hearts educational resources to help you learn more about oral health, gum disease, and how they relate to your overall wellness. You may receive brochures, links to trusted websites or QR codes that you can scan with your phone. These materials are designed to give you simple, reliable information so you can feel confident about your health.

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

Learn more at heart.org/OralHealth

