

# Park Blvd Dentistry

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**We, at PBD, want to remind everyone the importance of listening to our bodies. Please read the below article and should you find yourself in this article, do not hesitate to contact us for advice.**

## Coverage Continues: Oral Health Issues May Point To Other Health Conditions.

[Fox News](#) (8/16) is carrying the story from [Health.com](#) discussing the link between oral health and overall health. The article states that "problems with your gums, teeth, and tongue can hint at health concerns deeper in the body," warranting a trip to a dentist or physician. For example, white spots on the tongue may be a sign of oral thrush (candidiasis), which may stem from untreated diabetes and is also more common in people who suffer from xerostomia. In another example, the article states that having bleeding gums while brushing or flossing may be a sign of gingivitis, which if left untreated may progress to gum disease. The article recommends brushing twice a day and flossing daily, noting the [ADA recommends](#) people gently "guide" dental floss between teeth.

The Oral Health Topics on [ADA.org](#) and [MouthHealthy.org](#) provide additional information on xerostomia for [dental professionals](#) and for [patients](#). MouthHealthy.org also provides information for patients on [candidiasis](#), [diabetes and oral health](#), and [gum disease](#).

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