

# Healthy Mouth **Baseline**



We believe the mouth is the gateway to health and wellness.

Research shows that infection in the mouth can be linked to higher risks of heart disease, diabetes, cancer and other systemic diseases.



As advocates in your team of health care providers, we will assess for the following standards of good health.

## Healthy **Gums**

Firm, pink gum tissue

Absence of plaque or tartar above and below the gumline

No bleeding when brushing and flossing

Gum pockets which are 3mm or less and have no bleeding when measured

Absence of gum recession leading to exposed roots

No bone loss

## Healthy **Teeth**

Plaque-free

Decay-free

No cracked or fractured teeth

Absence of erosion and wear

Structurally sound teeth

No failing fillings

Absence of sensitivity

## Healthy **Bite**

No jaw pain, headaches, or neck aches

Ability to move jaw without limitations

Absence of abnormal tooth wear, grinding or clenching

Absence of loose or missing teeth due to bone loss

Ability to eat comfortably and without limitations.

## Healthy **Habits**

Proper diet and nutrition

Effectively remove plaque twice daily

Abstain from all tobacco products

Alcohol in moderation

No parafunctional habits: chewing on ice, fingernails, etc.

## General **Oral Health**

### Means freedom from:

Oral cancer or other pathology

Abnormal saliva

Bad breath

Abnormal sense of taste

Obstructive breathing disorders

Chronic heartburn

David J. Dowsett, D.M.D., LLC