Tips on teeth and general health
Tipps zu Zähnen und Allgemeingesundheit

1. Support your health with a balanced diet, exercise several times per week and sufficient sleep! This is good for your teeth and the body, as oral health and general health influence each other.

2. Reddened, swollen and bleeding gums indicate an inflammation of the gums. Before the bacteria can cause inflammation of the tissues around the teeth (periodontitis), plaque and calculus must be removed as quickly as possible through professional dental cleaning at the dentist's.

3. Oral inflammation increases the risk of heart attacks and strokes. Conversely, chronic diseases such as diabetes can cause periodontitis or make it worse.

4. Have a periodontitis risk assessment at your dentist's.

5. By conscientiously caring for your teeth at home, and with regular professional teeth cleaning, you can fight bacteria before they enter your bloodstream via the gums and cause damage in other parts of the body.

6. Choose a healthy diet and avoid too much sugar, fat and carbohydrates. Too much of these can lead to metabolic syndrome (overweight, diabetes, high blood pressure, abnormal fat and cholesterol levels).

7. Avoid risk factors that damage oral and general health: smoking, stress, overweight, poor or inadequate diet, too much alcohol or untreated diabetes.

8. Checking for plaque using disclosing tablets can show you whether deposits have accumulated on your teeth. The dentist will then show you where you have to clean especially thoroughly.

9. If you are on dialysis or about to have an organ transplant, have your teeth examined and treated if necessary beforehand.

10. If you have diabetes, please advise the dentist when making the appointment. If possible, your appointment will be scheduled for 1½ hours after you have had breakfast and taken your medication.