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**It's always a smart choice to make flossing part of your oral care routine.  
It is one of the best ways to take care of your teeth at any age**

### **Why is flossing important to your overall health?**

Back in the early 1800s, a theory called “focal sepsis” maintained that infections in the mouth led to disease in the rest of the body. Today, scientific evidence backs up this theory, providing more reason than ever for people to brush and floss their teeth. According to a study of nearly 12,000 adults, those with poor oral hygiene had a 70 percent greater risk of heart disease than those who brushed twice a day. Healthy gums are important because gum disease increases the risk of heart disease and diabetes since the inflammation associated with gum disease plays a role in the buildup of clogged arteries.

**Good oral health promotes overall health.**

### **What does floss do?**

Floss removes food trapped between the teeth and removes the film of bacteria that forms there before it has a chance to harden into plaque. Toothbrush bristles alone cannot clean effectively between these tight spaces. **Plaque that is not removed can harden into tartar**, a hard mineral deposit that forms on teeth and can only be removed through professional cleaning by a dental professional.

### **Truthfully, do you floss?**

Flossing between teeth may get second billing to tooth brushing, but it is equally important. Yet, only 12% of Americans floss daily. If you are only brushing your teeth and not flossing, you are only cleaning about 60 percent of your teeth, which leaves you susceptible to tooth decay and gum disease. Remember, plaque reforms on tooth surfaces daily -- so it is necessary to **brush and floss conscientiously each day.**

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