

# Let's Talk About Teeth

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## DENTIST AS PERSONAL TRAINER

If you exercise regularly and adhere to a healthy diet, your dentist can be as valuable to you as your personal trainer/nutritionist. That is, the dentist can play a significant role in helping patients lead longer, healthier lives. According to at least one study, oral health may be a marker for longevity. The study participants were divided into three groups: those with good natural teeth, those who wore dentures, and those with poor dental health. After ten years, it was found that people with good teeth (whether natural or artificial) were more independent and functioned at a higher level than their peers with poor teeth. They also lived longer and enjoyed better social relationships and happier moods. Proper brushing, flossing, a healthy diet, regular cleanings, exams, and x-rays can all ensure good oral health.

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