

Brush up on your wellness.

Your body is one big system that works together. Your oral health plays an important part and can impact your overall well-being. Let's explore the connections.



Brain

Poor dental health can lead to depression,¹ affect your thinking skills and cause other serious brain issues.²



Cancer

Gum disease affects about 47% of adults in the U.S.³ It has been linked to many cancers, including lung, breast, prostate, uterine, and gastrointestinal.³



Diabetes

People with diabetes are more likely to get gum diseases like gingivitis and periodontitis (advanced gum disease).³



Heart

Some mouth germs can cause swelling and infection, which can lead to strokes, heart issues and artery problems.³



Bloodstream/Sepsis

An untreated tooth infection can spread bacteria into the bloodstream, which can cause sepsis (an extreme inflammatory reaction) in the body.⁴



Lungs

Your risk for lung disease increases with poor oral health.³ Some mouth germs can find their way to the lungs³ and cause illnesses like pneumonia, flu and asthma.³



Pregnancy/Reproductive system

Gum disease has been linked to an increased risk of high blood pressure issues, early birth and low birth weights.⁵



Gut

Mouth infections can affect your gut health by increasing the chances of gut issues. Bacteria from gum disease have also been found in colon and rectal cancer tumors.⁵



Bone

Daily brushing and flossing help preserve bone density. Without good practices, you can develop gum disease, which can lead to bone loss.⁶



Schedule your dental check-up today.

To find in-network care, visit [myCigna.com](https://mycigna.com).



1. Llaneza, Amanda, PhD; MPH, et al. The Journal of the American Dental Association. "Investigating the relationship between depression and oral health among adults in the United States, 2017-2020". November 7, 2025. [https://jada.ada.org/article/S0002-8177\(25\)00567-7/abstract](https://jada.ada.org/article/S0002-8177(25)00567-7/abstract)
2. Texas Center for Lifestyle Medicine. "The Unexpected Link Between Oral Health and Neurological Conditions". January 10, 2025. <https://www.texascenterforlifestylemedicine.org/blog/the-unexpected-link-between-oral-health-and-neurological-cond>
3. Mayo Clinic Staff. Mayo Clinic. "Oral health: A window to your overall health". March 14, 2024. https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475?cjd_ata=MXxOfDB8WXww&cjevent=a8366602c4b411f08368051d0a82b832&cm_mmc=CJ-_-100357191-_-5250933-_-Evergreen+Link+for+Mayo+Clinic+Diet&utm_source=cj&utm_content=100357191&utm_campaign=3-months
4. Institute for Environmental Research and Education (IERE). "Can a tooth infection cause sepsis?". November 17, 2025. <https://iere.org/can-a-tooth-infection-cause-sepsis/>
5. McMains, Vanessa. National Institute of Dental and Craniofacial Research. "Healthy Mouth, Healthy Body". May 8, 2024. <https://www.nidcr.nih.gov/news-events/nidcr-news/2024/healthy-mouth-healthy-body>
6. Dartmouth College. "Prevent Bone Loss and Enhance Your Oral Health; Understanding the Connection Between Bone Health and Oral Health". April 25, 2025. <https://scalar.dartmouth.edu/scalar/griffith/prevent-bone-loss-and-enhance-your-oral-health>