BRUSH YOUR TEETH TO PREVENT PNEUMONIA

Regular tooth brushing lowers the number of germs in your mouth and the risk of pneumonia.

Healthy Mouth. Healthy Body.

During sleep, mouth germs are frequently swallowed into the lungs and may cause pneumonia.

Brushing your teeth lowers your chances of developing hospital acquired pneumonia by 40-60%.

Brushing your teeth at least twice a day will keep you healthier and help you leave the hospital sooner by preventing pneumonia.
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