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Flossing your teeth could reduce the risk of stroke – 6th February 2025

Level 0

Keeping your teeth healthy can also help your brain. New research says flossing your teeth could help to prevent a stroke. A stroke happens when blood cannot get to the brain. Around 5 million die each year from a stroke. Flossing helps reduce tooth decay and gum disease. This cuts the risk of having a stroke.

Researchers found that flossing teeth once a week could lower the risk of a stroke by 44 per cent. They added that flossing was a cheap and easy way to care for your teeth. A doctor said: "Many people have said that dental care is [expensive]. Flossing is a healthy habit." The doctor said flossing was easy and cheap.

Level 1

Dental hygiene keeps your teeth healthy. It can also help your brain. New research says flossing your teeth could reduce the risk of a stroke. A stroke happens when blood cannot get to the brain, or when the brain fills with blood. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die. A doctor said tooth decay and gum disease affect around 3.5 billion people. They are the most common health problems.

The doctor looked into the effects of flossing on our health. His team found that flossing teeth at least once a week could lower the risk of a stroke by 44 per cent. He said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth. He said: "Many people have said that dental care is costly. Flossing is a healthy habit." He said it was easy and cheap.

Level 2

Dental hygiene (looking after your teeth and gums) is good for you. It keeps your teeth healthy, and it can help your brain. New research from the University of South Carolina suggests that flossing your teeth could reduce the risk of having a stroke. A stroke is like a heart attack, but it affects the brain. It happens when blood cannot get to the brain, or when a blood vessel in the brain bursts. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die, and 5 million are left disabled. Researcher Dr Souvik Sen said oral diseases, such as tooth decay and gum disease, affect around 3.5 billion people. He said these diseases are the most widespread health problems.

Dr Sen and his team of researchers looked into the effects of flossing on our health. He said: "We aimed to determine which oral hygiene behavior - dental flossing, brushing or regular dentist visits - has the greatest impact on stroke prevention." The team found that flossing teeth at least once a week could lower the risk of different types of stroke by 22 per cent to 44 per cent. Dr Sen said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth and body. He said: "Many people have said that dental care is costly. Flossing is a healthy habit that is easy, affordable and accessible."

Level 3

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