

# Good Mouth Care Matters



# Mae Gofal y Geg Da yn Bwysig

Advanced gum disease may be associated with increased risk of:

Gal fod cysylltiad rhwng clefyd datblygedig y deintgig a risg uwch o:

Ischaemic Stroke

Strôc Isgemig

Pneumonia (both Ventilator Acquired and Nursing Home Acquired)

Niwmonia (a geir drwy Beiriant Anadlu ac mewn Cartref Nyrsio)

Cardio Vascular Disease

Clefyd Cardiofasgwlaidd

Unstable Diabetes

Diabetes Ansefydlog

Pancreatic cancer

Canser y pancreas

Digestive cancers

Canser y system dreulio

Advanced gum disease can be prevented by good oral hygiene and brushing teeth and gums twice a day

Gellir atal clefyd datblygedig y deintgig drwy hylendid y geg da a brwsio'r dannedd a'r deintgig ddwywaith y dydd

Contact your local mouth care lead | Cysylltwch â'ch arweinydd gofal y geg lleol

[www.1000livesplus.wales.nhs.uk/mouthcare](http://www.1000livesplus.wales.nhs.uk/mouthcare)

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