

Dr. Jolee Roberts Urges Public to Reconnect Oral Health with Overall Wellness

“Your Mouth Is Part of Your Body”—New Jersey Dentist Calls for a Shift in How We Think About Health

Bridgewater, New Jersey Jun 26, 2025 ([IssueWire.com](https://www.IssueWire.com)) - [Dr. Jolee Roberts](#), a respected New Jersey-based general and cosmetic dentist, is calling attention to an issue that’s often overlooked: the critical connection between oral health and overall health.

“We treat dental care like an afterthought,” says Dr. Roberts. “But the truth is, your mouth doesn’t operate in isolation. What’s happening in your gums, your teeth, your breath—it all connects to what’s going on in the rest of your body.”

The Hidden Health Crisis in Your Mouth

According to the CDC, nearly **50% of adults over age 30** show signs of **gum disease**—a condition linked to serious health problems like heart disease, stroke, and diabetes. Over **26% of adults** have **untreated tooth decay**, and many avoid the dentist due to anxiety or lack of access.

“This isn’t just about cavities or cleanings,” Roberts explains. “Untreated dental issues can fuel chronic inflammation, contribute to poor sleep, or make it harder to manage existing conditions like diabetes.”

As someone who sees patients of all ages and backgrounds, Roberts has observed a troubling pattern: patients who feel isolated, judged, or overwhelmed by dental care.

“One teenager hadn’t been to the dentist in years because he was so anxious,” she recalls. “The first visit, we didn’t touch any tools—we just talked. Months later, he came back and smiled after a cleaning. That’s what this is about—empowering people, not just treating them.”

Rather than asking for donations or programs, Dr. Roberts is advocating for a cultural mindset shift.

“Take ownership of your health, starting with your mouth,” she says. “No one knows your body better than you do.”

She recommends three simple actions people can take right now:

- **Schedule a checkup**—even if it’s been years.
- **Brush and floss consistently**, not perfectly.
- **Ask questions**—understanding your dental health makes it less scary.

For those who fear the dentist, Roberts offers one piece of advice: *“Find someone who listens first. If you don’t feel safe or heard, that’s not your person.”*

Advocating for the Underserved

Dr. Roberts doesn't just talk the talk. She volunteers annually for "**Give Kids A Smile Day**", offering free dental care to children from low-income families. She also visits schools across Middlesex County to teach kids the basics of brushing, flossing, and nutrition.

"I want kids to grow up thinking, 'The dentist helps me,' not 'The dentist hurts me,'" she says.

Her work has earned her awards like *New Jersey Monthly's Top Dentist* and RWJ Hospital's *Excellence in Patient Care*, but she remains focused on grassroots change.

Not Just a Mouth Problem

Roberts, who also serves as Vice President of the Middlesex County Dental Society, believes the healthcare system needs to stop separating oral health from medical care.

"It's still treated like this separate category—like teeth don't live inside your body," she says. "We need to integrate. Physicians and dentists should be on the same page. Insurance companies should stop drawing lines between them."

The Bigger Message

Roberts sums up her message simply: *"Prevention is everything. Empowered patients make better decisions. If we can normalize oral health as part of our whole health, we change outcomes—not just smiles."*

Start with small steps: book a cleaning, ask questions, floss tonight. Encourage your family to do the same. Oral health is whole health—and you're in control.

For more information on oral health education or free community dental days, contact your local dental society or visit ADA.org.

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