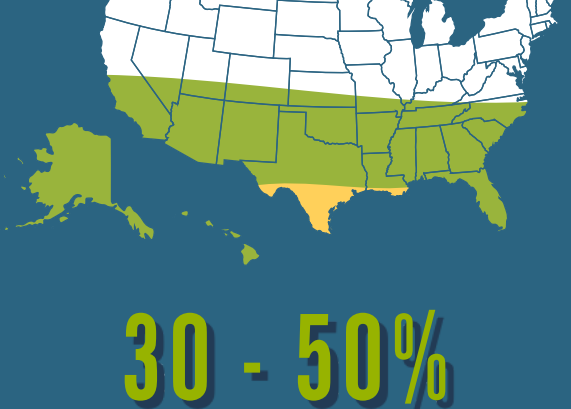


ORAL HEALTH *and* OVERALL HEALTH

CLEARING THE AIR ABOUT DENTAL CARE



30 - 50%

of American adults have at least mild to moderate gum disease

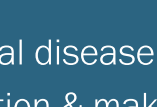
5 - 15%

5 - 15% of those have a more serious gum disease

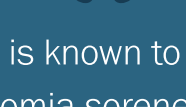
GUM DISEASE IS LINKED TO

- DIABETES***
- RESPIRATORY DISEASE**
- OSTEOPOROSIS****
- HEART DISEASE**
- PREGNANCY ISSUES*****

DIABETES



Periodontal disease increases inflammation & makes it more difficult to control diabetes



Diabetes is known to contribute to xerostomia soreness, ulcers & tooth decay

Gum disease increases blood sugar



95%

of Americans with diabetes also have periodontal disease.⁷



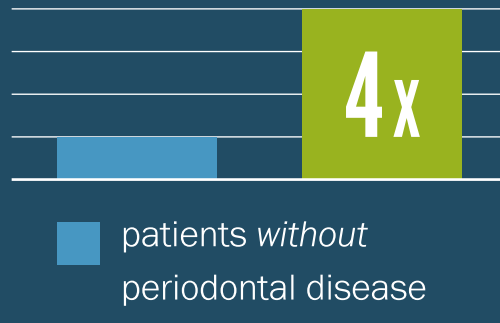
RESPIRATORY DISEASE

Gum disease may cause respiratory diseases like pneumonia.



PNEUMONIA

The number of patients who developed pneumonia was almost 4x higher in those with periodontal infections.



patients *without* periodontal disease

patients *with* periodontal disease

Chronic obstructive pulmonary disease causes the blockage of airways & could lead to bouts of re-infection from repeated aspiration of bacteria

Treating gum disease & inflammation can decrease the risk of pneumonia.

OSTEOPOROSIS

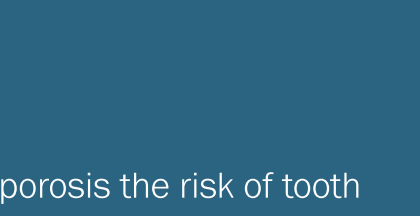


Osteoporosis can affect the jaw bone's strength and durability. Over time, its density decreases, causing tooth loss.

MORE



LESS



In women with osteoporosis the risk of tooth loss is 3x greater than in women without it.



Prevent osteoporosis through adequate weight-bearing exercise and supplements.



HEART DISEASE

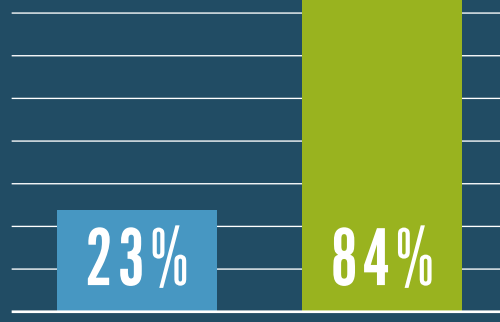
People with periodontal disease are nearly 3x more likely to suffer a stroke.²

Inflammation in the gums releases bacteria into the blood stream, which can contribute to clogged arteries.

Those with gum disease are almost twice as likely to suffer from heart disease coronary artery disease, or even a fatal heart attack.¹

2x

PERIODONTAL DISEASE FOUND IN PATIENTS



At least 23% found in patients without coronary atherosclerotic heart disease.

Over 84% in patients with coronary atherosclerotic heart disease.

PREGNANCY ISSUES



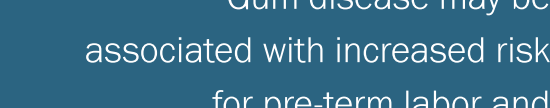
Expectant mothers with periodontal disease are 7x more likely to have premature or low birth weight babies.³



At least 30% of pregnant women will experience varying degrees of gingivitis.⁵



Gum disease may be associated with increased risk for pre-term labor and low birth weight.



Gum disease and inflammation may trigger an increased production of prostaglandin, a chemical compound that induces labor. Too much of this chemical too early could cause pre-term labor.



FIND OUT MORE BEFORE IT'S TOO LATE. SEE YOUR DENTIST!

Brought to you by



SOURCES

*Diabetes section reviewed by endocrinologist Margarita Ochoa-Maya, MD, CDE, CCD

**Osteoporosis section reviewed by rheumatologist Julie Levenson, MD

***Pregnancy section reviewed by obstetrician/gynecologist Nicholas Fogelson, MD

1 <http://www.perio.org/consumer/mbc.heart.htm>

2 <http://www.vhcf.org/data/statistics-and-research-on-dental-access/>

3 <http://vrp.com/heart-health/oral-health-and-heart-disease-the-unexpected-connection>

4 http://adha.org/media/facts/total_health.htm

5 <http://simplestepsdental.com/SS/intSS/r.==/st.31848/t.35020/pr.3.html>

6 <http://sciencedaily.com/releases/2010/11/101123121115.htm>

7 http://www.adha.org/media/facts/total_health.htm

8 <http://www.everydayhealth.com/specialreport/powerful-tips-daily-oral-care/dental-health-overall-health.aspx>