



Family & Cosmetic Dentistry

by Dr. Mary Jane Hanlon

Osteoporosis and Oral Health

Osteoporosis, the most common bone disorder affecting 28 million Americans, also increases those patients' risk factors for tooth loss, bone loss and periodontal disease, according to the Academy of General Dentistry. Osteoporosis often sneaks up on a patient, who may not notice its symptoms until a major fracture occurs, typically the result of low bone mass.

Early warning signs of osteoporosis may include more severe gum disease, or ill-fitting dentures that lead to mouth sores and difficulty speaking or eating. Dentists also may be able to help detect the first stages of osteoporosis through dental x-rays, which have the ability to show the amount of jawbone loss from year to year, signifying advancing stages of the disease.

To help prevent osteoporosis, follow these guidelines:

- Consume daily at least 1200 mg of Calcium containing Vitamin D
- Consume dairy food sources: calcium-fortified foods, broccoli and almonds.
- Perform weight-bearing and muscle-strengthening exercises
- Do not smoke or abuse alcohol

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