



Without good periodontal health, there can not be good general health.

Periodontal disease (commonly known as gum disease) can affect the state of your whole body. Over the past few years, studies have shown a definitive link between your oral health and your general health.

# Mouthing

Here are a few of the many health problems that can be aggravated by poor oral hygiene:

# OFF

## STROKE

- Those with adult periodontitis may have increased risk of stroke.

## RESPIRATORY INFECTIONS

- Inhaling bacteria from the mouth and throat can lead to pneumonia.
- Dental plaque buildup creates a dangerous source of bacteria that can be inhaled into the lungs.

## HEART DISEASE

- Those with adult periodontitis may have increased risk of fatal heart attack...
- And are more likely to be diagnosed with cardiovascular disease.
- Bacteria from the mouth may cause clotting problems in the cardiovascular system.

## SEVERE OSTEOPENIA

- Reduction in bone mass (osteopenia) is associated with gum disease and related tooth loss.
- Severity has been connected to tooth loss in postmenopausal women.

## UNCONTROLLED DIABETES

- Chronic periodontal disease can disrupt diabetic control.
- Diabetes can contribute to bacterial overgrowth in the mouth.
- Smokers with diabetes increase their risk of tooth loss by twenty times.
- People with type II diabetes are three times as likely to develop periodontal disease than are nondiabetics.

## PRETERM OR LOW BIRTHWEIGHT BABIES

- Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby.
- Oral microbes can cross the placental barrier, exposing the fetus to infection.

Remember, there are a number of advanced oral care remedies available to control or eliminate periodontal disease, such as antimicrobial mouthwashes, flossing regularly, and certain medications...and you thought all you needed was a toothbrush!

### Do You Have Adult Periodontitis? What Are You Doing About It?

Ask your dentist for a full periodontal evaluation as well as information about the latest developments in periodontal treatment. For more information, visit [www.perio.org/healthy/bodiesngums.html](http://www.perio.org/healthy/bodiesngums.html).

#### Sites Based on Science

For a greater awareness of periodontal disease and other illnesses mentioned in this article, check out these helpful associations:

#### American Academy of Pediatrics

([www.aap.org](http://www.aap.org)) For news, prevention, and publications.

#### American Academy of Periodontology

([www.perio.org](http://www.perio.org)) Help with finding a periodontist, learning about periodontal procedures, and prevention.

#### American Heart Association

([www.americanheart.org](http://www.americanheart.org)) Provides warning signs, risk awareness, and family health.

#### National Osteoporosis Foundation

([www.nof.org](http://www.nof.org)) Help with finding a doctor, learning about prevention, and the latest news and events.

#### The National Women's Health Resource Center

([www.healthywomen.org](http://www.healthywomen.org)) Provides an A to Z health center, library resources, group discussions, and current news.



**MONTAGE MEDIA**  
CORPORATION

1000 WYCKOFF AVENUE • MAHWAH, NJ 07430

201-891-3200