

# The Mouth and Body Connection

Scientific research shows a connection between gum disease and serious systemic diseases including: Diabetes, Heart disease, respiratory disease, blood clots and strokes, pancreatic cancer, Alzheimer's Disease. The studies linking gum disease to these other diseases explain that the **infection** in your gum tissue may serve as the entry point for bacteria to **invade your body**. If you have gum disease, pathogenic bacteria are forming colonies causing localized inflammation and damage to your gum tissue and surrounding bone. Those bacteria may enter the blood stream through small ulcers and spread throughout the body. A study published in 2005, showed the bacteria known to cause gum disease, in the blood vessel walls of patients who had heart disease. Recent studies are indicating that it is the **chronic inflammatory process** found with gum disease that can lead to other systemic diseases.

For individuals at risk for cardiovascular disease, it is very important to visit a dentist on a regular basis, practice good oral hygiene, and keep their dentist informed of any oral and overall health issues.