

# WITHOUT GOOD PERIODONTAL HEALTH, YOU CAN'T HAVE GOOD GENERAL HEALTH.

Periodontal disease (gum disease) can affect your general health... and it can be affected by your general health.

Here are a few examples:

## RESPIRATORY INFECTIONS<sup>2-5</sup>

- 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

## SEVERE OSTEOPENIA<sup>11</sup>

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

## PRETERM OR LOW BIRTHWEIGHT BABIES<sup>17,18</sup>

- Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby<sup>17</sup>
- Oral microbes can cross the placental barrier, exposing the fetus to infection.<sup>17</sup>



## STROKE<sup>1</sup>

- Those with adult periodontitis may have increased risk of stroke

## HEART DISEASE<sup>6-10</sup>

- Those with adult periodontitis may have increased risk of fatal heart attack ...<sup>1,6,7</sup>
- And are more likely to be diagnosed with cardiovascular disease<sup>1</sup>
- Bacteria from the mouth may cause clotting problems in the cardiovascular system<sup>6</sup>

## UNCONTROLLED DIABETES<sup>12-16</sup>

- Chronic periodontal disease can disrupt diabetic control<sup>12-15</sup>
- Diabetes can alter the pocket environment, contributing to bacterial overgrowth<sup>14</sup>
- Smokers with diabetes increase their risk of tooth loss by 20 times<sup>13</sup>
- People with type II diabetes are 3 times as likely to develop periodontal disease than are nondiabetics<sup>13</sup>

## DO YOU HAVE ADULT PERIODONTITIS? WHAT ARE YOU DOING ABOUT IT?

Ask your dentist for a full periodontal evaluation and about the latest developments in periodontal treatment.

For more information, visit <http://www.perio.org/healthy/bodiesngums.html>

### References:

1. Borner P. The link between periodontal disease and systemic health: a scientific update. *Dent Today*, July 1999;89:80. 2. Fisher M. Thoughts to chew on. Available at: [http://www.abcnews.com/healthnews/reports/asth/july/gum\\_disease.html](http://www.abcnews.com/healthnews/reports/asth/july/gum_disease.html). Accessed April 2000. 3. Scannapieco FA. Role of oral bacteria in respiratory infection. *J Periodontol*. 1999;70:703-802. 4. Lindvall H. Implications of oral infections on systemic diseases in the institutionalized elderly with a special focus on pneumonia. *Am J Periodontol*. 1998;3:251-256. 5. Williams P. Scientists discover first antibody enzyme that activates blood clotting—links gum health and heart disease in humans. Available at: <http://www.earthlink.org/~1st/current/publications/deposit/bacterialenzymes.html>. Accessed April 2000. 6. The American Academy of Periodontology. Ask Your Periodontist About Periodontal Disease and Heart Disease. Chicago, IL: The American Academy of Periodontology. 7. Mattila KJ. Dental infections as a risk factor for acute myocardial infarction. *Eur Heart J*. 1993;14(suppl K):51-53. 8. Beck J, Garcia R, Heiss G, et al. Periodontal disease and cardiovascular disease. *J Periodontol*. 1996;67(suppl 10):1123-1137. 9. DeStefano F, Arora R, Rubin HS, et al. Dental disease and risk of coronary heart disease and mortality. *BMJ*. 1993;300:989-991. 10. Wactawski-Wende J, Grossi SG, Trevisan M, et al. The role of osteoporosis in oral bone loss and periodontal disease. *J Periodontol*. 1996;67:1075-1081. 11. National Institute of Dental and Craniofacial Research. Diabetes and periodontal disease—a guide for patients. Available at: <http://www.nidcr.nih.gov/pubs/diabetes/ncst.htm>. Accessed April 2000. 12. National Institute of Dental and Craniofacial Research. Oral opportunistic infections: links to systemic diseases. Available at: <http://www.nidcr.nih.gov/spectrum/nidcr2/2toothec3.htm>. Accessed April 2000. 13. Den-Tel Net. The diabetic patient and periodontal therapy. Available at: <http://dx.dnmp.net/Den-Tel-Net/Dea-Tel-Net/dntr05/period05.html>. Accessed April 2000. 14. Diabetes Forecast. Is gum disease hurting your control. Available at: <http://www.diabetes.com/news/1998/103-01.html>. Accessed April 2000. 15. Ryan ME, Ramanurthy NS, Sasse T, Golub LM. MMP-mediated events in diabetes. *Ann NY Acad Sci* 1999;878:311-334. 16. National Institute of Dental and Craniofacial Research. Preterm low birthweight babies. Available at: <http://www.nidcr.nih.gov/spectrum/nidcr2/2toothec3.htm>. Accessed April 2000. 17. Offenbacher S, Katz V, Parrish G, et al. Periodontal infection as a possible risk factor for preterm low birth weight. Available at: <http://www.perio.org/journal/abstracts/October/1103.html>. Accessed April 2000.

