

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 INFECTIONS²⁻⁵

- 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 OSTEOPENIA¹¹

- 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^{17,18}

- Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby¹⁷
- Oral microbes can cross the placental barrier, exposing the fetus to infection.¹⁷



STROKE¹

- Those with adult periodontitis may have increased risk of stroke

HEART DISEASE⁶⁻¹⁰

- Those with adult periodontitis may have increased risk of fatal heart attack ...^{1,6,7}
- And are more likely to be diagnosed with cardiovascular disease¹
- Bacteria from the mouth may cause clotting problems in the cardiovascular system⁶

UNCONTROLLED DIABETES¹²⁻¹⁶

- Chronic periodontal disease can disrupt diabetic control¹²⁻¹⁵
- Diabetes can alter the pocket environment, contributing to bacterial overgrowth¹⁴
- Smokers with diabetes increase their risk of tooth loss by 20 times¹³
- People with type II diabetes are 3 times as likely to develop periodontal disease than are nondiabetics¹³

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. Bonner P. The link between periodontal disease and systemic health: a scientific update. *Dent Today*. July 1999;88-89. 2. Fisher M. Thoughts to chew on. Available at: http://www.drkoop.com/healthnews/...reports/acsh/july/gum_disease.html. Accessed April 2000. 3. Scannapieco FA. Role of oral bacteria in respiratory infection. *J Periodontol*. 1999;70:793-802. 4. Limeback H. Implications of oral infections on systemic diseases in the institutionalized elderly with a special focus on pneumonia. *Ann Periodontol*. 1998;3:262-275. 5. Scannapieco FA, Papandonatos GD, Dunford RG. Associations between oral conditions and respiratory disease in a national sample survey population. *Ann Periodontol*. 1998;3:251-256. 6. Williams P. Scientists discover first bacterial enzyme that activates blood-clotting—links gum health and heart disease in humans. Available at: http://www.eurekalert.org/E-Alert/current/public_releases/deposit/bacterial.enzyme.html. Accessed April 2000. 7. The American Academy of Periodontology. Ask Your Periodontist About Periodontal Disease and Heart Disease. Chicago, IL: The American Academy of Periodontology. 8. Mattila KJ. Dental infections as a risk factor for acute myocardial infarction. *Eur Heart J*. 1993;14(suppl K):51-53. 9. Beck J, Garcia R, Heiss G, et al. Periodontal disease and cardiovascular disease. *J Periodontol*. 1996;67(suppl 10):1123-1137. 10. DeStefano F, Anda RF, Kahn HS, et al. Dental disease and risk of coronary heart disease and mortality. *BMI*. 1993;306:688-691. 11. Wactawski-Wende J, Grossi SG, Trevisan M, et al. The role of osteopenia in oral bone loss and periodontal disease. *J Periodontol*. 1996;67:1076-1084. 12. National Institute of Dental and Craniofacial Research. Diabetes and periodontal disease—a guide for patients. Available at: <http://www.nidcr.nih.gov/pubs/diabetes/text.htm>. Accessed April 2000. 13. National Institute of Dental and Craniofacial Research. Oral opportunistic infections: links to systemic diseases. Available at: <http://www.nidcr.nih.gov/spectrum/nidcr2/2textsec3.htm>. Accessed April 2000. 14. Den-Tel-Net. The diabetic patient and periodontal therapy. Available at: <http://biz.onramp.net/Den-Tel-Net/Den-Tel-Net/dtn95/perio1095.html>. Accessed April 2000. 15. Diabetes Forecast. Is gum disease hurting your control. Available at: <http://www.diabetes.com/news/19981103-01.html>. Accessed April 2000. 16. Ryan ME, Ramamurthy NS, Sorsa T, Golub LM. MMP-mediated events in diabetes. *Ann NY Acad Sci*. 1999;878:311-334. 17. National Institute of Dental and Craniofacial Research. Preterm low birthweight babies. Available at: <http://www.nidcr.nih.gov/spectrum/nidcr2/2textsec3.htm>. Accessed April 2000. 18. Offenbacher S, Katz V, Fertik 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.