

Your Mouth IS Connected to your Body

You may think this sounds strange, but many people do not realize that problems in the mouth can affect their overall health and wellness. Did you know...



- ✓ Gum disease & tooth decay are bacterial infections
- ✓ Having infected gums = an open sore the size of your forearm! (Offenbacher et al, 1996)
- ✓ Infections in the mouth can spread through the bloodstream to affect other parts of the body
- ✓ Research is linking mouth infections to diabetes, cardiovascular disease, pneumonia, premature birth, and more

**Good daily mouth care & regular professional dental care ~
A great way to help stay healthy!**

DIABETES LINK

...diabetics were 15x more likely than non-diabetics to have lost their teeth
(Taylor et al 2000)



- ✓ Diabetes = risk factor for gum disease
- ✓ Gum disease = hard to control blood sugar levels
- ✓ High sugar levels = more bacterial growth
- ✓ More bacteria = increased risk for oral disease

HEART & STROKE LINK

... periodontal (gum) disease may increase your risk 1-3 times for cardiovascular disease
(Lux & Lavigne 2004)



Healthy mouth tips:

- ✓ Brush teeth for 2 minutes at least 2 times each day, especially before bed
- ✓ Clean between teeth and under gums once a day with floss or another aid

RESPIRATORY LINK

Mouth bacteria can be aspirated into the lungs. Oral disease can increase the risk for pneumonia 3-6 times!
(Taylor et al 2000)



- ✓ Pneumonia is #1 killer in care homes
- ✓ Risk increases with: poor health, swallowing problems, poor brushing, feeding dependency, dry mouth, antibiotics, natural teeth, and more...

PREMATURE BABY LINK

Mothers with gum disease are more likely to have pre-term low birth weight babies.
(Xiang et al 2006)



- ✓ Getting your gums in shape by having your teeth professionally cleaned may significantly reduce your risk