

## CONSIDERING THE LINK BETWEEN ORAL AND SYSTEMIC HEALTH

75% of adults over age 35 are affected by periodontal disease, which gets more likely as we age. Older adults are also at greater risk for life-threatening systemic disease.



### Diabetes

Diabetes is the 6th leading cause of death in the United States, and is approaching epidemic levels, especially among young people.

Individuals with periodontal disease have twice the prevalence of diabetes as those without it. Individuals with diabetes are at greater risk for periodontal (gum) diseases.



### Heart Disease / Cardiovascular Disease and Stroke

These are the number 1 and number 3 leading causes of death in America. Cardiovascular disease is the number 1 cause of death among people with diabetes.

People with uncontrolled periodontal disease have up to 4 times the risk for heart disease.



### Pregnancy

10% of all the births in America are categorized as preterm low birth weight.

Studies indicate that women who receive scaling and root planing (periodontal treatment) during pregnancy have as much as an 84% reduction in the rate of premature births.

The landmark 2000 U.S. Surgeon General report, Oral Health in America, states that “the mouth is a mirror of health and disease in the rest of the body” and “the link between oral health, overall health, and quality of life is stronger than ever.” Since the mouth functions as part of the respiratory system, digestive system, and immune system...

### THE MOUTH IS MORE THAN JUST TEETH —

- Many systemic diseases and conditions have oral manifestations. These indicators may be the initial signs of clinical disease and can help clinicians and individuals become aware of the need for further assessment.
- The mouth is where many diseases and infections that affect general health status originate.
- The health of the mouth and its functions can be adversely affected by many pharmaceuticals and other therapies commonly used in treating systemic conditions. The oral complications of these therapies can compromise patient compliance with medical treatment.
- Individuals who are immuno-compromised or hospitalized are at greater risk for health problems due to oral infections.
- Animal and population-based studies have demonstrated an association between periodontal disease and diabetes, cardiovascular disease, stroke, and adverse pregnancy outcomes. Further research is needed to determine the extent to which these associations are causal or coincidental.
- Today, oral cancer can be diagnosed with saliva. In the future, saliva will be used to help diagnose hundreds of diseases and even identify hereditary medical conditions years before they occur.



**TAKE CARE OF YOUR MOUTH ...  
TAKE CARE OF YOUR BODY**

[www.deltadentalnm.com](http://www.deltadentalnm.com)