

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>

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