

MOUTH HEALTH MATTERS!

exploring oral - systemic health

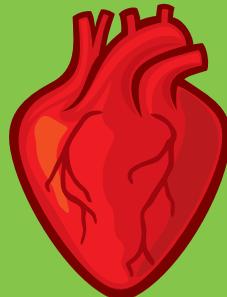
CARDIOVASCULAR DISEASE

#1

The number one cause of death in the United States, claiming more lives than all types of cancer combined.¹

Risk factors for heart disease:

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Diabetes
- ✓ Gum Disease²



- ✓ Physical Inactivity
- ✓ Poor Diet
- ✓ Smoking
- ✓ Drinking Alcohol



Coronary heart disease patients' risk of death increases with every tooth lost.³



BETWEEN

80 - 90%

percent of heart disease

can be prevented

with lifestyle changes.⁴



\$5,168

per year for
Stroke Patients

Periodontal treatment
reduces hospital
admissions and lowers
annual medical costs.⁵



\$1,090

per year for
Heart Disease Patients

**PERIODONTAL
DISEASE**

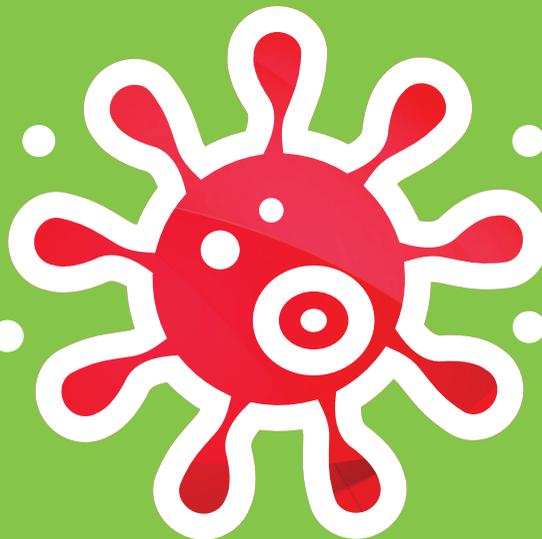
**IS DIRECTLY
LINKED TO**

**ARTERY
INFLAMMATION.⁶**



Heart
Attack

Periodontal Pathogens Affect



High Blood
Pressure



Stroke



Other
Biomarkers

SOURCES:

1. <http://www.cdc.gov/heartdisease/facts.htm>
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2504402/>
3. <http://cpr.sagepub.com/content/early/2015/12/14/2047487315621978>
4. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(04\)17018-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(04)17018-9/abstract)
5. <https://www.unitedconcordia.com/dental-insurance/dental/conditions/ucwellness-oral-health-study/results-ucwellness-oral-health-study/>
6. <http://content.onlinejacc.org/article.aspx?articleid=1144173>
7. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3403746/>

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DIABETES

29.1
MILLION

people with diabetes
in the United States.¹



1 in 4 people

do not know they
have diabetes.²



More than

1 in 3 adults

has prediabetes.³



95% of people with
diabetes also have
periodontal disease.³



People with periodontal
disease have more
difficulty controlling their
blood sugar level.⁴



\$1 in \$5



1 in 5 healthcare dollars is spent caring for people with diabetes.⁶



\$2,840

per year for
Diabetes Patients

Treating gum disease lowers annual medical costs associated with diabetes.⁵



39.4%

per year for
Diabetes Hospital Admissions

2016 \$



2041 \$



2x

Prevalence of diabetes and diabetes-related healthcare costs are projected to double in the next 25 years.⁷



Periodontal treatment can improve glycemic control in patients with diabetes.⁸

SOURCES:

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3. <http://www.cdc.gov/features/diabetesfactsheet/>
4. https://www.adha.org/resources-docs/7228_Oral_Health_Total.pdf
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6. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2782981/>
7. <http://onlinelibrary.wiley.com/doi/10.1111/joor.12339/full>
8. <https://www.unitedconcordia.com/dental-insurance/dental/conditions/ucwellness-oral-health-study/results-ucwellness-oral-health-study/>

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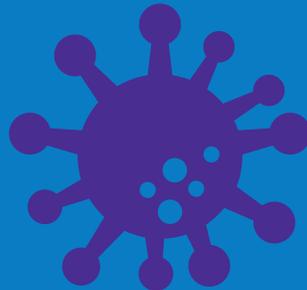
ORAL BIOFILM

1/2

Nearly half of American adults have periodontitis, the most severe form of periodontal disease.¹

Particularly contagious pathogens play a role in the progression of:

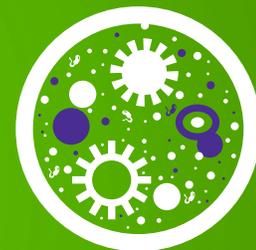
- ✓ Heart attacks
- ✓ Colorectal cancer
- ✓ Alzheimer's disease



- ✓ Diabetes
- ✓ Respiratory disease
- ✓ Adverse pregnancy outcomes²



Psychological stress
increases oral
biofilm growth.³



One cubic millimeter of
dental plaque contains about
100 million bacteria.⁴

Oral inflammation **caused by pathogens** induces a systemic increase in inflammatory markers.⁵



Oral bacteria can be transmitted by kissing.⁶



80% of American adults over 35 have some form of periodontal disease.⁷

700

species of bacteria can live in your mouth.

11

11 pathogens linked to oral & systemic disease.⁸

SOURCES:

1. www.perio.org/consumer/cdc-study.htm
2. jdh.adha.org/content/81/suppl_1/116.full.pdf
3. www.ncbi.nlm.nih.gov/pubmed/24200466
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7. www.colgate.com/en/us/oc/oral-health/conditions/gum-disease/article/periodontal-disease
8. <http://www.sciencedaily.com/releases/2013/01/130103114130.htm>

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