

Your Mouth IS Connected to your Body

Many people do not realize that problems in your mouth can affect your overall health and wellness. Did you know...

- Gum disease & tooth decay are bacterial infections
- Having infected gums = an open sore the size of your palm!¹
- 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

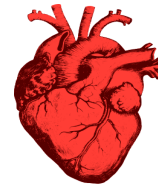
Dental hygiene treatment may improve blood sugar levels in people with Type 2 diabetes²



- 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 for cardiovascular disease & stroke³



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!⁴



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

PREMATURE BABY LINK

Mothers with gum disease may be at risk for pre-term low birth weight babies⁵



- Pregnant women are at higher risk for gingivitis and gum disease
- It is safe to visit the dental team for dental and dental hygiene treatment during pregnancy



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References

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 - ³ Azarpazhooh A, Tenenbaum HC. Separating Fact from Fiction: Use of High-Level Evidence from Research Syntheses to Identify Diseases and Disorders Associated with Periodontal Disease. *J Can Dent Assoc* 2012;78:c25.
 - ⁴ El-Solh AA. Association Between Pneumonia and Oral Care in Nursing Home Residents. *Lung* 2011; 189:173-180.
 - ⁵ George A, Shamin S, Johnson M, Ajwani S, Bhole S, Blinkhorn A, et al. Periodontal treatment during pregnancy and birth outcomes: a meta-analysis of randomized trials. *Int J Evid Healthc* 2011;9:122-147.
- All images obtained from Microsoft ClipArt