

Did you know that a hole in your tooth or infected gum can lead to chronic systemic disease & even death? Poor oral health can cause poor general health and poor general health can cause poor oral health.

Cavities and bleeding gums can lead to or worsen existing systemic disease.

Bacteria, viruses, fungus & other toxins that live in cavities and gum disease do not just live in your mouth; they travel into the bone and blood vessels and circulate in the body. **Poor oral health is associated with Heart Disease, Stroke, Diabetes, Osteoporosis, Rheumatoid Arthritis, Respiratory Disease, Cancer, Prostate Problems, Obesity, Low Infant Birth Weight & Human Papilloma Virus (HPV).** Look in the mirror now and check to see if your gum is swollen and do they ever bleed? Are there brown spots on your teeth? Does your breath smell bad? Do you have holes in your teeth? Has a filling chipped or come out? There is also a relationship between birth, breathing, braces and biochemistry! More and more patients have severe crowding and malocclusion, arch discrepancy, bruxism, insomnia, asthma, sleep apnea/sleep disordered breathing and the ensuing coronary artery disease, heart failure and stroke.

Good oral health is the key to good overall health!

GUM DISEASE SYMPTOMS

According to the American Academy of Periodontology, Gum Disease is often silent, meaning symptoms may not appear until an advanced stage of the disease.

However, warning signs of gum disease include the following:

- Red, swollen or tender gums or other pain in your mouth
- Bleeding while brushing, flossing, or eating hard food
- Gums that are receding or pulling away from the teeth, causing the teeth to look longer than before
- Loose or separating teeth
- Pus between your gums and teeth
- Sores in your mouth
- Persistent bad breath
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures

***Why do we evaluate, treat, manage and prevent periodontal (gum) disease (Pyorrhea)?**

According to the American Academy of Periodontology (AAP), research has shown that periodontal disease is associated with Heart Disease, Stroke, Diabetes, Osteoporosis, Respiratory Disease, Cancer, low infant birth weight & Human Papilloma Virus (HPV).

HEART DISEASE

According to the AAP, several studies have shown that periodontal disease is associated with heart disease. While a cause-and-effect relationship has not yet been proven, research has indicated that periodontal disease increases the risk of heart disease.

Scientists believe that inflammation caused by periodontal disease may be responsible for the association.

Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective bacterial Endocarditis may require antibiotics prior to dental procedures. Your Periodontist and Cardiologist will be able to determine if your heart condition requires use of antibiotics prior to dental procedures.

STROKE

According to the AAP, additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

OSTEOPOROSIS

According to the AAP, researchers have suggested that a link between osteoporosis and bone loss in the jaw. Studies suggest that osteoporosis may lead to tooth loss because the density of the bone that supports the teeth may be decreased, which means the teeth no longer have a solid foundation.

RHEUMATOID ARTHRITIS

Treating periodontal disease has been shown to reduce pain caused by rheumatoid arthritis.

RESPIRATORY DISEASE

According to the AAP, research has found that bacteria that grow in the oral cavity can be aspirated into the lungs to cause respiratory diseases such as pneumonia, especially in people with periodontal disease.

CANCER

According to the AAP, researchers found that men with gum disease were 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers. We also screen for oral cancer. According to the Academy of General Dentistry Oral cancer is the sixth most common cancer, accounting for nearly 5 percent of all cases. More than 43,000 Americans and 4,000 Canadians will be diagnosed with oral or pharyngeal cancer this year, resulting in over 9,000 deaths—that's one person every hour.

PROSTATE PROBLEMS

Bacteria from the mouth causes inflammation in the body. Research has shown that men with indicators of periodontal disease and prostatitis have higher levels of prostate-specific antigen (PSA) than men with only one of these conditions. Because men with the most severe cases of prostatitis show measurable amounts of moderate to severe periodontitis Dr. Nabil Bissada, chair of periodontics at Case Western Reserve University in Cleveland states that he wants to make gum disease treatment a standard part of treatment for prostate disease.

OBESITY

Several studies have linked [obesity](#) to gum disease. They state that periodontitis progresses more quickly in the presence of higher body fat.

PRETERM DELIVERY OF LOW-BIRTH-WEIGHT INFANTS (PLBW)

According to research that began in the 1950's, periodontal disease stimulates the body to release chemicals and toxins that can retard fetal growth and induce labor. Low infant birth weight can lead to increased risk of cerebral palsy, epilepsy, chronic lung disease, learning disabilities and attention deficit disorder. Low infant birth weight can lead to infant mortality. Low birth weight is categorized by infants weighing less than 5.5 lbs or 2,500 grams.

HUMAN PAPILLOMA VIRUS (HPV)

HPV has long been linked to cervical cancer and is now shown to be transmitted to the oral cavity through oral sex. University studies also show a link between the presence of periodontal disease and the virus and head and neck squamous cell carcinoma (cancer).

DIABETES

According to the AAP, Joslin Diabetes Center & numerous articles:

Patients with DIABETES are at greater risk for

- Periodontal Disease (Gum and Bone Disease or Pyorrhea) and tooth loss
- Loose or shifting teeth
- Tender and bleeding gums
- Swelling or pus around the teeth
- Painful or difficult chewing
- Pain in the mouth or sinus that does not go away
- Sores or ulcers in the mouth which are hard to heal
- Oral Fungal infections (Thrush, Candidiasis)
- Dry Mouth (Xerostomia)
- Burning in the mouth (and bitter taste)

Denture sores
Slower healing
Pain or sensitivity to cold, hot, sweets and chewing
Higher glucose (sugar) levels in saliva (spit)
Oral disease can prevent the control of blood glucose levels
Dark Spots or holes in the teeth
Pain in the face or jaw that does not go away
Bad breath that does not go away
Systemic inflammation as a result of oral disease
Poor diet due to tooth loss

78% of adults over the age of 35 will be affected by periodontal disease.