



## Healthy Mouth, Healthy Smile, Healthy Body

DenteMax understands that the mouth is a window into the health of the body. As the latest research deepens scientists' understanding of the link between dental health and disease, the potential implications are coming into focus. For instance, neglecting to treat something simple like gum disease, often a painless condition, can lead to bigger health issues down the road including some of the most widespread and costly illnesses like heart disease and diabetes. Below you will find the latest research and actions to raise awareness, promote a healthy lifestyle and increase the prevention of gum disease.

### What is Gum Disease?

Periodontal disease, also known as gum disease, is caused when bacteria in plaque builds up between the gums and teeth. When the bacteria begin to grow, the gums surrounding the tooth can become inflamed. If left untreated, this inflammation can cause the gums and supporting bone structure to deteriorate. This can lead to gum recession or even tooth loss. According to Lain Chapple, a professor of periodontology at the University of Birmingham in England, about half of all adults have some form of gum disease.

## Exploring the Links Between Gum Disease and Overall Health

**Here is a comprehensive list of the effects of gum disease on overall health.**

- Systemic diseases—those that affect the entire body, such as diabetes, AIDS and autoimmune diseases—may first become apparent because of mouth lesions or other oral problems.
- Diabetes, blood cell disorders, HIV infections and AIDS can lower the body's resistance to infection, making gum diseases more severe.
- Researchers have found that periodontitis (the advanced form of gum disease that can cause tooth loss) is linked with other health problems, such as cardiovascular disease, stroke and bacterial pneumonia.
- There is evidence that people with diabetes are more likely to develop and have more severe periodontitis than those without diabetes.
- Some studies suggest that periodontitis can make it more difficult for people with diabetes to control their blood sugar.
- Several studies link chronic inflammation from periodontitis with the development of cardiovascular problems.
- Some evidence suggests that oral bacteria may be linked to heart disease, arterial blockages and stroke.
- A study found evidence that bacteria linked to gingivitis traveled to brains afflicted by Alzheimer's disease, hinting at a role in dementia.
- Pregnant women with periodontitis may be at increased risk of delivering preterm and/or low-birth-weight infants.

## Prevention – What You Can Do!

**Luckily, periodontal disease can be preventable. Adding these habits to your daily routine can help.**

- Brush your teeth thoroughly twice a day.
- Floss at least once a day.
- Swish with mouthwash.
- Know your risk. Age, smoking, diet and genetics can all increase your risk for periodontal disease. If you are at increased risk, be sure to talk with your dental professional.
- Schedule regular dental checkups.