

DENTAL CARE & YOUR HEALTH

Individuals and even some health care professionals remain unaware of the risk factors and preventive approaches for many oral diseases, and they do not fully appreciate how oral health affects overall health and well-being.⁹ Several recent studies have associated **gum disease** with other conditions and diseases such as **respiratory**, **cardiovascular**, **diabetes**, adverse pregnancy outcomes and breast cancer.

GUM DISEASE

Bacterial infection that breaks down gum tissue and can cause tooth loss and serious health problems.

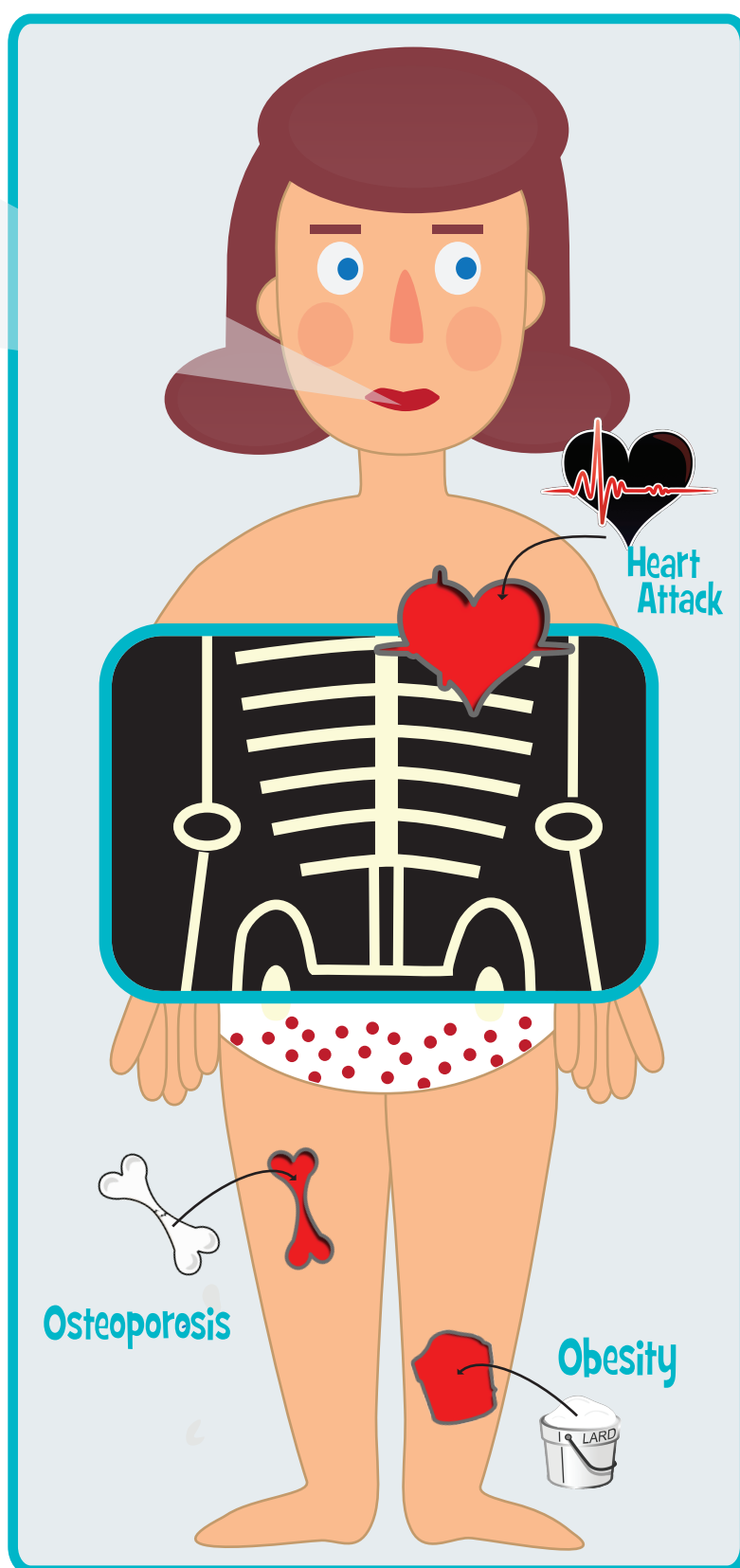
TYPES OF GUM DISEASE

Gingivitis: A mild form of gum disease which causes the gums to become red, swollen and bleed easily.

Periodontitis: An inflammatory disease that affects gum tissue and interferes with other systems of the body.

FAST STATS

- A poll of 1,000 people over 35 revealed 60% of adults knew little, if anything, about gum disease.²
- More than 8% of American adults between the ages of 20 and 64 suffer from periodontal disease.³
- Gum disease affects 80 percent of American Adults.



RELATED DISEASES

Cardiovascular

Individuals are 2x more likely to suffer from a stroke as a consequence of gum disease than of diabetes.⁵



Diabetes

People with diabetes are at greater risk for gum disease, and gum disease may make it more difficult to control blood sugar.¹¹



Respiratory

Periodontal disease may play a causal role in the contraction of pneumonia, bronchitis and emphysema.



Pregnancy

Pre-term labor is 7x more likely in mothers-to-be that have periodontal disease than women with healthy gums.⁶



Breast Cancer

Women with chronic periodontal disease, indicated by missing molars, have a higher incidence of breast cancer.⁷



5 BARRIERS TO ORAL HEALTH

1. 40 percent of respondents report they have delayed or missed a regular dental visit because they couldn't afford it.¹⁰
2. While 172 million Americans under 65 have private health insurance, only 45 million of them have any sort of dental plan.⁸
3. Accessing oral health is difficult for those living below the federal poverty level and for children covered by Medicaid.⁹
4. Dental coverage largely determines access to oral healthcare, but many people often do not have dental insurance or discount dental plans.⁹
5. Even with coverage, people frequently do not get needed services due to a lack of providers accepting public insurance.⁹

10 ORAL HEALTH SOLUTIONS

1. Brush 2x daily.
2. Floss daily.
3. Dental checkups, 2x a year.
4. Chew sugarless gum.
5. Skip late-night eating.
6. Drink green tea.
7. Eat foods with polyunsaturated fatty acids (e.g., salmon & peanut butter).
8. Stop smoking.
9. Keep up with dental appointments.
10. Use discount dental plans.

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