

A happy mouth, a happy body:

An oral health connection to overall health

Did you know...

47.2% of adults over 30 in the United States have chronic periodontitis. Periodontal disease is the most chronic infection affecting Americans.

Medical and dental relationships:

What you may not realize; Dental health is linked to other health issues such as heart disease and diabetes, and an increased risk of stroke.



Periodontal disease is a chronic bacterial infection that impacts the gums and bone that support teeth. About **42%** of Americans currently have some form of periodontal disease. Severity increases with age. It is also linked to systemic disease.

Pregnancy and Periodontal Disease

Increased risk of low birth weight and seven times more likely to deliver prematurely. Treating gum disease may reduce these risks.

Women who receive **preventive dental care**

have *fewer* birth complications than women who receive no treatment.



Preterm delivery rate:

7.6%

10.1%

Low birth weight rate:

4.6%

5.0%

Cost Implications of Premature Birth



\$49,140 average first-year cost of medical care for premature newborn.

\$13,024 average first-year cost for medical care for newborn.

Diabetes and Periodontal Disease

- **Seventh** leading cause of death for those with diabetes. Periodontal disease worsens diabetes and vice versa.
- Gum disease patients have **twice** the prevalence of diabetes.

Heart Disease and Periodontal Disease

- **1.5 to 4x** increased likelihood of heart disease
- **2 to 3x** of fatal heart attack increased risk of stroke

74% of heart attack patients have periodontal disease.



Additional Complications

Oral Cancer:

- **58,450** new cases annually
- **68%** 5-year survival rate
- Early detection is key (80-90% cured)
- Primarily diagnosed by dentist

Pancreatic Cancer:

- Most lethal type of cancer
- 64,050 new cases annually, 50,000 deaths
- **12%** 5-year survival rate
- Genetic markers found in **saliva**
- Men with gum disease **53%** more likely to develop pancreatic cancer

