

# Oral Health & Overall Health

Studies show regular visits to the dentist are important to maintaining your overall health. More than 120 diseases may be first detected by a dental exam because symptoms often appear in the mouth.<sup>1,2</sup> Below are just a few examples of the mouth and body connection. Be sure to brush your teeth twice a day, floss daily and visit your dentist regularly.<sup>3</sup> Early detection can make treatment easier, less costly and may even be lifesaving.

## BRAIN

Studies have shown a connection between bacteria associated with periodontal disease and the progression of Alzheimer's disease.<sup>5</sup>

## HEART

People with gum disease may have a higher risk for heart disease when compared to those with healthy gums, according to the American Academy of Periodontology.<sup>5</sup>

## LUNGS

Research has found that bacteria associated with gum disease has been linked to a higher risk of respiratory diseases such as pneumonia.<sup>4</sup>

## INTESTINES

Inflammatory bowel disease (IBD) may cause ulcers in the mouth.<sup>6</sup>

## KIDNEYS

If you have kidney disease, take extra care of your teeth and gums. Kidney disease may cause mouth problems such as bad breath.<sup>7</sup>

<sup>1</sup>U.S. Surgeon General Report on Oral Health 2000 – Chapter 3 – Diseases and Disorders

<sup>2</sup>Application of the international classification of diseases to dentistry and stomatology: ICD-DA. World Health Organization 1995

<sup>3</sup>[www.medicalnewstoday.com/articles/324485.php](http://www.medicalnewstoday.com/articles/324485.php)

<sup>4</sup> [www.deltadental.com/us/en/protect-my-smile/overall-health/oral-health-is-about-more-than-your-mouth.html](http://www.deltadental.com/us/en/protect-my-smile/overall-health/oral-health-is-about-more-than-your-mouth.html)

<sup>5</sup>[www.perio.org/consumer/heart\\_disease](http://www.perio.org/consumer/heart_disease), accessed 2013.

<sup>6</sup>[www.deltadental.com/us/en/protect-my-smile/overall-health/oral-affect-inflammatory-bowel-disease-ibs.html](http://www.deltadental.com/us/en/protect-my-smile/overall-health/oral-affect-inflammatory-bowel-disease-ibs.html)

<sup>7</sup>[www.deltadental.com/us/en/protect-my-smile/overall-health/dental-advice-kidney-disease.html](http://www.deltadental.com/us/en/protect-my-smile/overall-health/dental-advice-kidney-disease.html)