

Healthy Mouth, Healthy Body

Gum disease can be a result or cause of other health issues.

The Connection Between Healthy Gums and a Healthy Heart

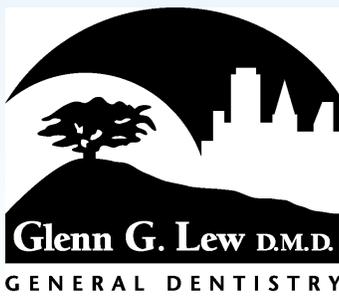


More studies are needed, but some researchers suspect

that bacteria and inflammation linked to periodontitis (gum disease) play a role in some systemic diseases or conditions.

Several studies link chronic inflammation from periodontitis with the development of cardiovascular problems. Some evidence also suggests that oral bacteria may be linked to heart disease, artery blockage and strokes.

Likewise, diseases such as diabetes, blood cell disorders, HIV infections and AIDS can lower the body's resistance to infection, making periodontal diseases more severe.



Diabetes- Control of blood sugar allows proper healing

Diabetes, or high blood sugar can make healing difficult.

People with diabetes often have periodontal disease. Diabetics are more likely to develop more severe periodontitis than non-diabetics. Some studies even suggest



periodontitis can make it more difficult for diabetics to control their blood sugar.

If you have diabetes, work with your physician to monitor and control your blood sugar. This can be done through diet or medication depending on the type of diabetes.

Keep it clean- Your mouth that is.

Proper and frequent brushing and flossing along with regular dental visits can help minimize gum disease. Keeping things clean can reduce the harmful bacteria in the mouth. Within 24 hours, plaque (the white film



which develops on teeth after meals) can

harden on teeth to form tartar. This build-up cannot be removed by home care alone and can cause damage to the gums

The mouth and gums are the gateway to the body. Keep them clean and you'll do great things for your health.

What can I do to help the situation

- Brush and floss your teeth thoroughly twice a day.
- You may use an anti-microbial mouth rinse as part of your daily routine.
- Choose dental products that have the American Dental Association's Seal of Acceptance (The symbol of a dental product's safety and effectiveness).
- Eat a balanced diet and limit snacks. Eating less often may reduce your risk for gum disease.
- Schedule regular dental checkups.
- Tell your dentist about changes in your overall health, particularly any recent illnesses or chronic conditions.
- Provide an updated health history including medication use – both prescription and over the counter drugs.
- If you are pregnant or thinking about becoming pregnant, pay particular attention to caring for your teeth and gums.