

Oral Hygiene And Your Overall Health

How does your mouth's health affect your health everywhere else?



HEART HEALTH

Oral bacteria that cause inflammation and infection may be linked to heart disease and rare but fatal infection of the heart's valves (endocarditis).

(Source: The Mayo Clinic)



SEPSIS

Dental infections that reach blood vessels in the tooth's pulp (its interior soft tissue) may then cause an abscess in the bone or tissue below, leading to sepsis.

(Source: Sepsis Alliance)



RESPIRATORY DISEASE

The bacteria that result from periodontitis can move into the lungs, and are associated with pneumonia chronic obstructive pulmonary disease (COPD).

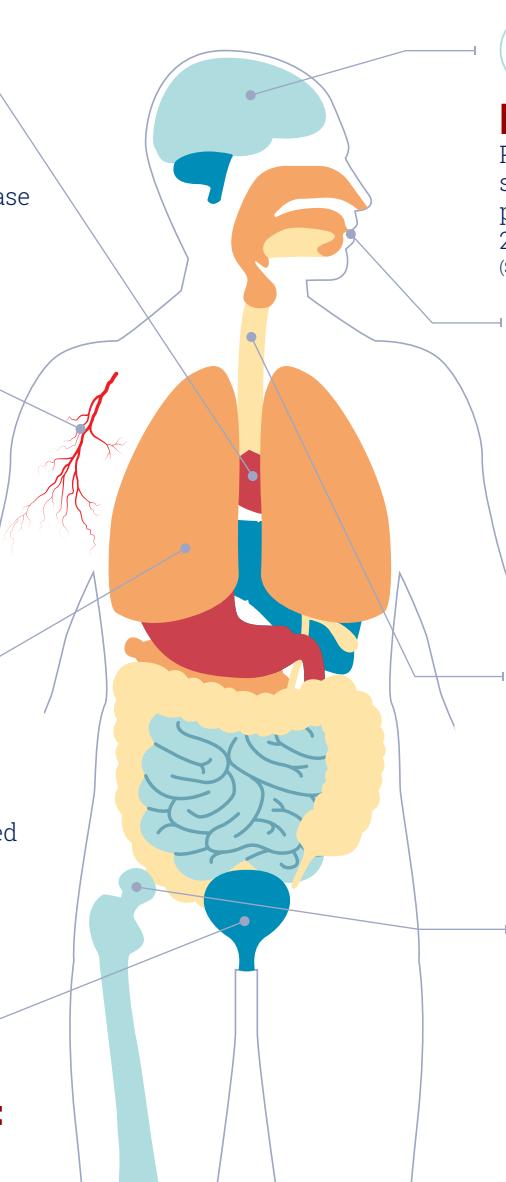
(Source: Journal of International Society of Preventive & Community Dentistry)



GUM DISEASE AND PREGNANCY:

Nearly 60-75% of pregnant women have gingivitis. Pregnant women may transmit oral bacteria to their newborns. Research links periodontitis to preterm birth and low birth weight.

(source: CDC)



DEMENIA:

People with chronic gingivitis (the red and swollen gums of early gum disease) and periodontitis (more serious gum disease) are 2.5 times more likely to develop dementia.

(Source: National Health Service)



PERIODONTAL (GUM) DISEASE:

In the U.S. nearly 50% of adults suffer from some form of gum disease, which studies link to several other systemic inflammations, including arthritis and hardening of the arteries (atherosclerosis).

(Source: Frontiers in Physiology)



MEDIASTINITIS

Inflammation of the mediastinum (the chest area containing the heart, esophagus, and windpipe) is linked to abscesses in teeth.

(Source: National Institutes of Health)



BONE MASS AND STRENGTH:

Women who have osteoporosis are three times as likely to experience shifting and loss of teeth than other women.

(Source: National Institutes of Health)

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