



Gum Disease Can Kill More Than Your Smile

Bacteria that builds up between the tooth and gum can enter into the bloodstream whenever your gums bleed. This bacteria can travel throughout the body and cause serious health problems.

Stroke

A new study of fatty deposits lodged in the carotid arteries of stroke sufferers shows that up to 40% of the bacteria that cause the fatty deposits comes from the mouth if the gums are inflamed.

Respiratory Disease

Dental plaque harbors a high number of respiratory pathogens that can be aspirated and, in turn increase the risk in susceptible patients for pneumonia, emphysema and chronic obstructive lung disease.

Heart Disease

Bacteria from the mouth can get into the bloodstream when the gums are inflamed. This bacteria can get mixed up with blood-clotting cells called platelets. These clumps of cells and bacteria can lodge inside the walls of the blood vessels, causing heart-stopping clots to form. These clots are what lead to heart disease. Keeping your gums healthy can reduce your risk of a heart attack.

Diabetes (pancreas)

The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can directly improve diabetic control. A study of 48,000 men (Health Professionals Study 1986-2002) found that men who had periodontal disease had a 63% higher risk of developing pancreatic cancer than men with healthy gums.

Ulcers (stomach)

The bacteria that collect in your mouth when gum disease is present are the same bacteria that cause gastric ulcers. If the bacterial content in the mouth is high these bacteria can be constantly travelling to the stomach, reinfesting and causing a return of ulcers.

Osteoporosis

Periodontal disease may play a role in promoting osteoporosis. With tooth loss there is a decrease in proper digestion, nutrition and calcium uptake.

Arthritis

There is a strong relationship between the extent and severity of periodontal disease and Rheumatoid Arthritis.

Pre-Term Births

Women with gum disease are seven to eight times more likely to give birth prematurely to low birth weight babies. Researchers believe that the low grade gum inflammation causes the body to release inflammatory chemicals which are linked to pre-term birth.