

Wellness Wednesday

Dental Health for Overall Health

GUM DISEASE

Bacterial infection that breaks down gum tissue and can cause tooth loss and serious health problems.

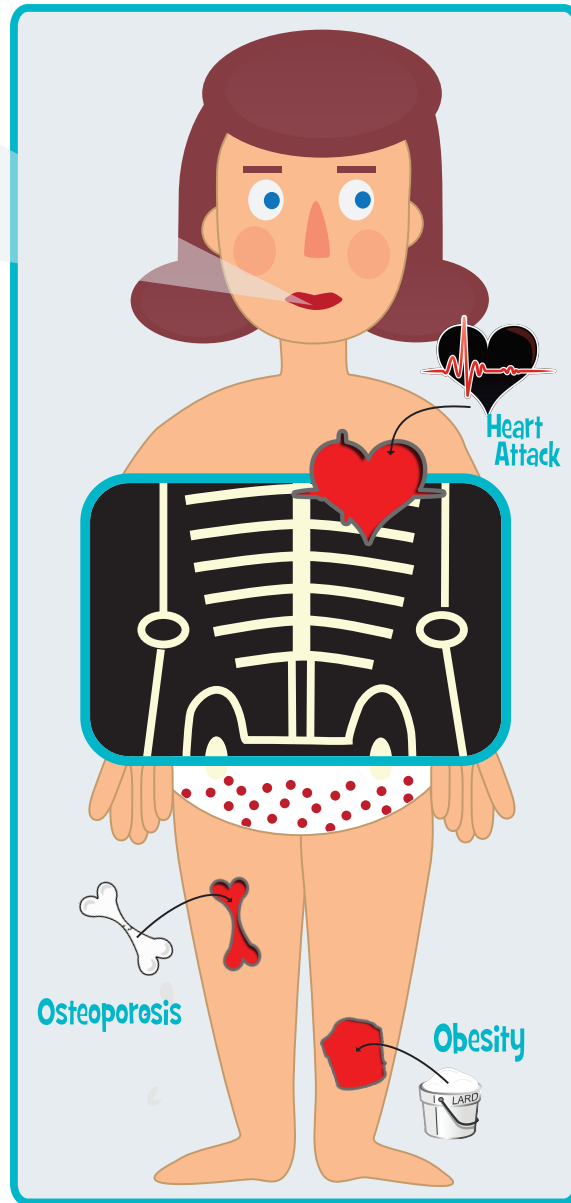
TYPES OF GUM DISEASE

Gingivitis: A mild form of gum disease which causes the gums to become red, swollen and bleed easily.

Periodontitis: An inflammatory disease that affects gum tissue and interferes with other systems of the body.

FAST STATS

- A poll of 1,000 people over 35 revealed 60% of adults knew little, if anything, about gum disease.²
- More than 8% of American adults between the ages of 20 and 64 suffer from periodontal disease.³
- Gum disease affects 80 percent of American Adults.



RELATED DISEASES

Cardiovascular

Individuals are 2x more likely to suffer from a stroke as a consequence of gum disease than of diabetes.⁵



Diabetes

People with diabetes are at greater risk for gum disease, and gum disease may make it more difficult to control blood sugar.¹¹



Respiratory

Periodontal disease may play a causal role in the contraction of pneumonia, bronchitis and emphysema.



Pregnancy

Pre-term labor is 7x more likely in mothers-to-be that have periodontal disease than women with healthy gums.⁶



Breast Cancer

Women with chronic periodont disease, indicated by missing molars, have a higher incidence of breast cancer.⁷



10 ORAL HEALTH SOLUTIONS

1. Brush 2x daily.
2. Floss daily.
3. Dental checkups, 2x a year.
4. Chew sugarless gum.
5. Skip late-night eating.
6. Drink green tea.
7. Eat foods with polyunsaturated fatty acids (e.g., salmon & peanut butter).
8. Stop smoking.
9. Keep up with dental appointments.
10. Use discount dental plans.