



Gum Disease & Your Whole Body Health

Over 50% of adults in the U.S. have some degree of gum disease. But did you know the impact goes far beyond your mouth...

Osteoporosis



People with gum disease may be at a higher risk of osteoporosis.

Stroke



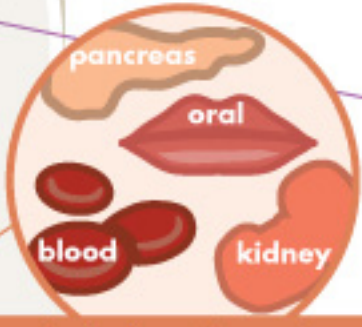
People with severe gum disease have a **3x to 4x** higher risk of brain stroke.

Alzheimer's & Dementia



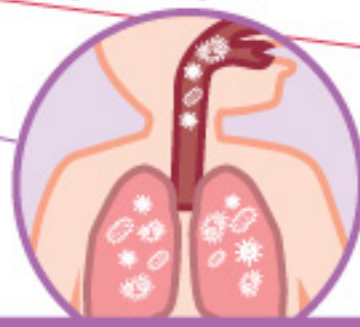
Gum disease may be linked to Alzheimer's disease and dementia from oral bacteria that spread through the bloodstream.

Cancer



Several studies show strong evidence linking gum disease with an increased risk of oral cancer and pancreatic cancer.

Respiratory Disease



Gum disease can worsen conditions such as COPD and may play a role in the contraction of pneumonia, bronchitis & emphysema.

Heart Disease



People with gum disease are **2x** as likely to have heart disease.

Diabetes



Nearly **22%** of diabetes patients have gum disease.

Rheumatoid Arthritis



RA patients are **8x** more likely to have gum disease.



MEN

Statistically, gum disease is higher in men (56.4%) than in women (38.4%).

Impotence

Men in their 30s with severe gum disease are 3x more likely to suffer from erectile dysfunction. Prolonged chronic inflammation associated with gum disease can damage blood vessels leading to impotence.

Prostate Health

Studies show that the prostate-specific antigen (PSA), an enzyme created in the prostate that is normally secreted in very small amounts, is secreted at higher levels in men with gum disease and prostate cancer.

Cancer in Men

Research has found that men with a history of gum disease are 14% more likely to develop cancer than men with healthy gums. Men with gum disease may be 49% more likely than women to develop kidney cancer, 54% more likely to develop pancreatic cancer, and 30% more likely to develop blood cancers.



WOMEN

Puberty & Menstruation

An increased level of sex hormones causes higher blood circulation to the gums, increasing the gum's sensitivity, susceptibility to irritation, and the growth of bacteria just beneath the gums.

These same hormones can cause menstruation gingivitis – red, swollen, tender or bleeding gums, and sores on the inside of the cheek – which typically occurs right before a woman's period and clears up once it has started.

Pregnancy & Preterm Births

Pregnant women with untreated gum disease may be more likely to have a preterm baby.

Menopause & Post-Menopause

Women may experience changes in their mouths, including discomfort in the mouth, dry mouth, pain and burning sensations in the gum tissue, and altered taste.

In addition, post-menopausal women with osteoporosis are 86% more likely to develop gum disease, while women with gum disease have a higher risk of having osteoporosis.

For more information about Gum Disease visit www.FightGumDisease.com



Resources

- (1) <http://www.webmd.com/oral-health/plaque-on-teeth>
- (2) https://www.perio.org/consumer/erectile_dysfunction
- (3) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2975786/>
- (4) <http://www.nytimes.com/health/guides/disease/periodontitis/print.html>
- (5) <http://www.webmd.com/oral-health/news/20130731/dental-health-dementia>
- (6) <http://www.perioimplantadvisory.com/articles/2013/01/the-link-between-periodontal-disease-and-cancer-a-review.html>
- (7) <http://www.dentistryiq.com/articles/gp/print/volume-1/issue-3/original-article/alzheimers-quos-disease-and-periodontal-disease-mechanisms-underlying-a-potential-bi-directional-relationship.html>
- (8) <https://www.perio.org/consumer/arthritis-link>
- (9) <https://www.perio.org/consumer/other-diseases>
- (10) <http://www.dentistrytoday.com/periodontics/1608>
- (11) <http://stroke.ahajournals.org/content/35/2/496.full>