

Oral Health and Overall Health

BRAIN

Harmful bacteria in the mouth may increase the chance of blood clots.¹

HEART

Periodontal (gum) disease may increase cardiovascular disease and the risk of stroke.¹

LUNGS

Poor oral health may worsen respiratory illnesses, because harmful bacteria may multiply to cause pneumonia and bronchitis.²

PANCREAS

Gum disease may make it difficult for diabetics to control blood sugar, which may increase the chance of heart and lung disease complications.³

KIDNEYS

With poor oral care, infections may progress faster and increase the amount of diseases kidneys must fight.²

ADDITIONAL FACTS

- Expectant mothers with gum disease are more likely to have a pre-term baby than moms with healthy gums.⁴
- Men with gum disease were 49% more likely to develop kidney cancer, 54% more likely to develop pancreatic cancer and 30% more likely to develop blood cancers.²
- Adults with gum disease are almost twice as likely to suffer from heart disease as those with healthy gums.¹

¹www.perio.org/consumer/heart_disease

²www.perio.org/consumer/other-systemic-diseases

³www.perio.org/consumer/diabetes.htm

⁴www.perio.org/consumer/women.htm