

The Link Between Oral & Overall Health

Regular dental visits are vital for a healthy smile. But did you know they can also reveal potential health concerns in other parts of your body, too? Here are just a few examples:

120+



signs of nondental disease can be detected in a routine oral exam.¹



Severe gum disease increases risk of cerebral ischemia stroke by **more than 400%**.²



Inhalers can cause thrush,

or oral candidiasis, a potentially painful fungal mouth infection.³



Dry mouth,

a common side effect of many medicines, **can cause tooth decay.**



A buildup of dental plaque

can allow bacteria to enter the bloodstream and



increase risk for heart disease.⁴

Gum disease

has been **linked to diabetes** and can make the body more resistant to insulin.



Up to 40%

of pregnant women experience gum disease.⁵



Cavity-causing bacteria in expectant moms may contribute to **low birth weight in babies.**⁶



Certain osteoporosis treatments can cause **bisphosphonate-related osteonecrosis of the jaw (BONJ)**, a rare but serious side effect. Gum disease and certain dental procedures can increase risk of BONJ.⁷

1.) James W. Little et al., *Dental Management of the Medically Compromised Patient* (St. Louis: Mosby, 2012) 2.) Armin J. Grau et al., "Periodontal Disease as a Risk Factor for Ischemic Stroke," *Stroke* 35, no. 2 (2004): 496-501. 3.) American Dental Association, "Medications and Oral Health," web. 4.) TE Van Dyke and AJ van Winkelhoff, "Infection and Inflammatory Mechanisms," *Journal of Clinical Periodontology* 40, suppl. 14 (2013): S1-S7. 5.) American College of Obstetricians and Gynecologists, "Oral Health Care During Pregnancy and Through the Lifespan—Committee Opinion No. 569," *Obstetrics & Gynecology* 122, no. 2, part 1 (2013): 417-22. 6.) Li, Y et al., "Mode of Delivery and Other Maternal Factors Influence the Acquisition of Streptococcus Mutans in Infants," *Journal of Dental Research* 84, no. 9 (2005): 806-11. 7.) V Thumbigere-Math, et al., "Periodontal disease as a risk factor for bisphosphonate-related osteonecrosis of the jaw," *Journal of Periodontology* 85, no. 2 (2014): 226-33.

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