

**Without Good Periodontal Health, You Can't Have Good General Health.**

Periodontal disease (gum disease) can affect your general health and it can be affected by your general health. Here are a few examples:

**RESPIRATORY INFECTIONS**

- Inhaling bacteria from the mouth and throat can lead to pneumonia
- Dental plaque buildup creates a dangerous source of bacteria that can be inhaled into the lungs

**SEVERE OSTEOPENIA**

- Reduction in bone mass (osteopenia) may be associated with gum disease and related health risks
- Severity has been connected to tooth loss in postmenopausal women

**PRETERM OR LOW BIRTHWEIGHT BABIES**

- Women with advanced gum disease may be more likely to give birth to an underweight or premature baby
- Oral microbes can cross the placental barrier, exposing the fetus to infection

**STROKE**

- Those with adult periodontitis may have increased risk of stroke

**HEART DISEASE**

- Those with adult periodontitis may have increased risk of fatal heart attacks
- And are more likely to be diagnosed with cardiovascular disease
- Bacteria from the mouth may cause clots in arteries in the cardiovascular system

**UNCONTROLLED DIABETES**

- Good periodontal disease can "disrupt diabetic control"
- Diabetes can alter the pocket environment, contributing to bacterial overgrowth
- Smokers with diabetes increase their risk of tooth loss by 20 times
- People with type II diabetes are 3 times as likely to develop periodontal disease than are non-diabetics

Do You Have Adult Periodontitis? What Are You Doing About It?

Aesthetic Dental Studio of RI

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**THE MOUTH-BODY-CONNECTION**

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**D**o you know what the following diseases have in common? Cardiovascular disease; Stroke; Rheumatoid arthritis; Alzheimer's disease; Type 2 diabetes; Obesity; Metabolic syndrome; Respiratory tract infections; Pneumonia; Asthma; Hay fever; COPD; Premature birth; Stillbirth; Colorectal cancer; Pancreatic cancer; Leukemia; Kidney cancer; Mouth, throat, jaw, tongue cancer; inflammatory bowel disease; Osteoporosis; Erectile dysfunction.

Inflammation is involved in all of these diseases. Recent research has revealed a more specific connection: Links have revealed a more specific connection: Links have been found between each of these diseases and gum disease. The health of your mouth appears to have a profound impact on the rest of your body. Even low-grade gum disease has been associated with serious systemic problems.

Taking good care of your mouth - teeth and gums -- does more than help ensure you have a bright, white smile.

A healthy mouth and healthy body go hand in hand. Good oral hygiene and oral health can improve your overall health, reducing the risk of serious disease and perhaps even preserving your memory in your golden years. The phrase "**healthy mouth, healthy you**" really is true -- and backed by growing scientific evidence.

According to the New York Times, 75 percent of American adults have some form of chronic gum disease, and that only 60 percent of those affected have any knowledge of the problem.

During the past ten years, there has been a significant shift in perspective on the connection between oral and systemic health

Decayed teeth and gum disease are often associated not only with an unsightly mouth but very bad breath -- so bad it can affect your confidence, self-image, and self-esteem. With a healthy mouth that's free of gum disease and cavities, your quality of life is also bound to be better -- you can eat properly, sleep better, and concentrate with no aching teeth or mouth infections to distract you. **May Lower Risk of Heart Disease**

### Memory Loss

Adults with gingivitis (swollen, bleeding gums) performed worse on tests of memory and other cognitive skills than did those with healthier gums and mouths, according to a report in the *Journal of Neurology, Neurosurgery & Psychiatry*.

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