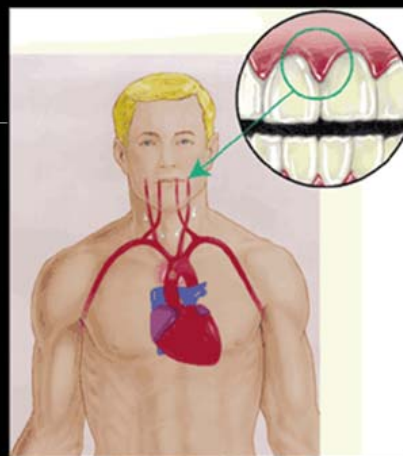


Mouth-Body Connection

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WHERE SMILES ARE CONTAGIOUS



Mouth-Body Links

- The Link between Periodontitis and Systemic diseases
- CVD and Stroke
- Diabetes- (pancreatic cancer)
- Pre Term Birth
- Respiratory Diseases

Periodontal Disease

- An estimated 80 percent of American adults currently have some form of periodontal (gum) disease.
- Periodontal diseases range from simple inflammation to serious painful disease that results in major damage to the soft tissue and bone that support the teeth.
- In the worst cases, teeth are lost.



Do You Have Periodontal Disease?



- Do your gums bleed when you brush your teeth?
- Do your gums feel swollen or tender?
- Have you noticed that your gums are receding?

*Don't let periodontal disease take away your smile. If you answered **yes** to any of these questions, consult your Dentist.*

Heart Disease



Heart opened with a remote myocardial infarction. The white appearance of the endocardial surface indicates the extensive scarring.

- There is a 40% probability we will die from heart disease.
- More people die from sudden cardiac arrest than from breast cancer, prostate cancer, AIDS, house fires, handguns and traffic accidents combined.
- 250,000 death per year, 1 death /minute.
- 57,000,000 in U.S. with heart disease.

Gum Disease Link

Did you know that people with gum disease are twice as likely to develop heart disease?

Second leading factor in heart disease?
WHY HOW?

Conclusions

- Treatment of periodontitis is associated with alterations and improvement of endothelial function at six months
- Mechanism of action is still unclear
- This study indicates a causal relationship with CVD and stroke

Leading Causes of Death #3: Stroke



- **Stroke is the third leading cause of death, behind heart disease and cancer.**
- **A stroke occurs when blood circulation to the brain fails.**

PERIODONTAL DISEASE AND STROKES

Cerebral infarction

- In one study that looked at the causal relationship of **oral infection as a risk factor for stroke**, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

PERIODONTAL DISEASE AND DIABETES

- Severe periodontal disease can **increase blood sugar**, contributing to increased periods of time when the body functions with a high blood sugar. This puts diabetics at increased risk for diabetic complications.
- Some dentist will not do any gum surgery on an uncontrolled diabetic due to poor healing.

PERIODONTAL DISEASE AND PREGNANCY

- Now evidence is mounting that suggests a new risk factor – periodontal disease. Pregnant women who have periodontal disease may be **seven times** more likely to have a baby that is born too early and too small.
- It appears that periodontal disease triggers increased levels of biological fluids that induce labor.

PERIODONTAL DISEASE and RESPIRATORY DISEASES

- Scientists have found that bacteria that grow in the oral cavity can be **aspirated into the lung** to cause respiratory diseases such as **pneumonia**, especially in people with periodontal disease.
- This discovery leads researchers to believe that these respiratory bacteria can travel from the oral cavity into the lungs to cause infection.
- The extent oral hygiene and periodontal disease may be associated respiratory disease in COPD is still under study

Pancreatic Cancer

- Pancreatic cancer is the fourth leading cause of cancer death in the U.S.; more than 30,000 Americans are expected to die from the disease this year. It is an extremely difficult cancer to treat and little is known about what causes it.
- One established risk factor in pancreatic cancer is cigarette smoking; other links have been made to obesity, diabetes type 2 and insulin resistance.
- In a new study, researchers at the Harvard School of Public Health (HSPH) and Dana-Farber Cancer Institute found that **periodontal disease was associated with an increased risk of cancer of the pancreas.**
- a 63% higher risk of developing pancreatic cancer compared to those reporting no periodontal disease

What do we tell our patients?

Informing them of the relationships between mouth infections and rest of the body systems is now the national standard of care.

Summary

- You are increasing risk of heart disease, stroke, pre-term pregnancy, diabetes, and tooth loss if you do not bring your periodontal disease under control!

