

# 12 FACTS YOU CAN'T IGNORE

## About the Mouth-Body Connection



**80%** of American adults over 35 have some form of gum disease.



**95%** of Americans who have diabetes also have periodontal disease.

### ALZHEIMER'S DISEASE

Oral bacteria have been implicated in the development of Alzheimer's disease and dementia.

### OBSTRUCTIVE SLEEP APNEA

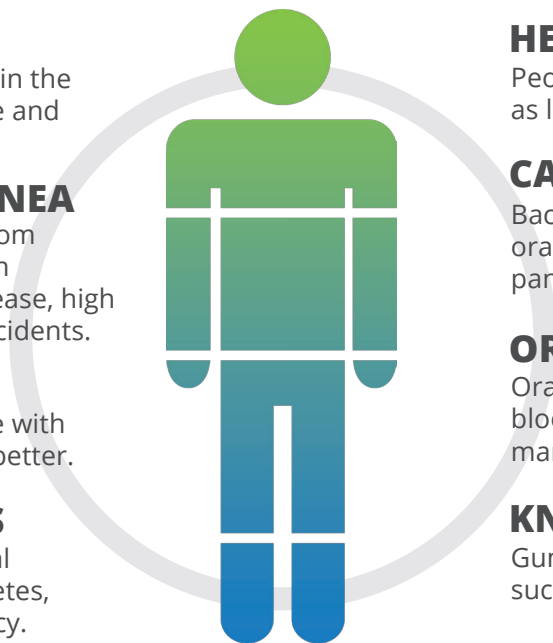
Over 25 million Americans suffer from obstructive sleep apnea, a condition associated with diabetes, heart disease, high blood pressure, obesity, and car accidents.

### DIABETES

Periodontal treatment helps people with diabetes control their blood sugar better.

### LOWER MEDICAL COSTS

Treating gum disease lowers annual medical costs associated with diabetes, stroke, heart disease, and pregnancy.



### HEART DISEASE

People with gum disease are nearly twice as likely to suffer from heart disease.

### CANCERS

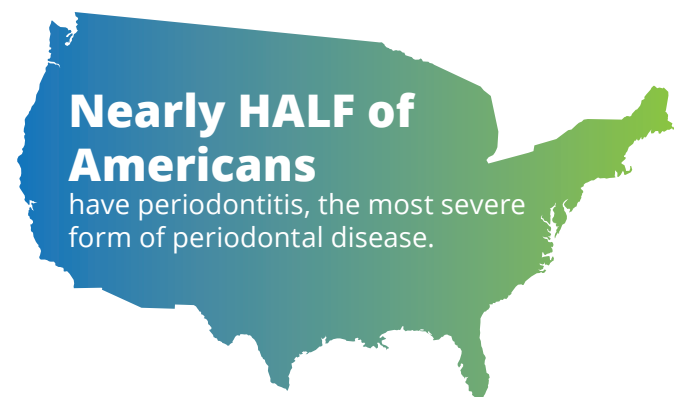
Bacteria in the mouth have been linked to oral, esophageal, lung, colorectal, pancreatic, and breast cancers.

### ORGAN DAMAGE

Oral bacteria travel through the bloodstream and can have an effect on many organs and processes.

### KNEE REPLACEMENT

Gum disease can interfere with the success of knee replacement surgery.



**Nearly HALF of Americans**

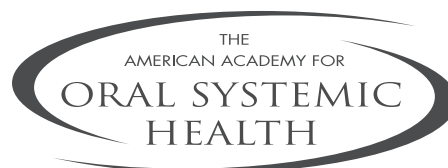
have periodontitis, the most severe form of periodontal disease.

<http://www.colgate.com/en/us/oc/oral-health/conditions/gum-disease/article/periodontal-disease>  
[https://www.adha.org/resources-docs/7228\\_Oral\\_Health\\_Total.pdf](https://www.adha.org/resources-docs/7228_Oral_Health_Total.pdf)  
<https://www.ncbi.nlm.nih.gov/pubmed/21933454>  
<http://aadsom.org/sleepapnea.aspx>  
<http://onlinelibrary.wiley.com/doi/10.1111/joor.12339/full>  
<https://www.unitedconcordia.com/dental-insurance/dental/conditions/ucwellness-oral-health-study/results-ucwellness-oral-health-study/>  
Fehrenbach MJ, Herring SW. Illustrated Anatomy of the Head and Neck. 4th ed. St. Louis, MO: Elsevier; 2012:127-151.  
<http://aadsom.org/sleepapnea.aspx>  
<https://www.ncbi.nlm.nih.gov/pubmed/24921460>  
<https://www.perio.org/consumer/cdc-study.htm>  
<http://www.colgate.com/en/us/oc/oral-health/life-stages/oral-care-during-pregnancy/article/pregnancy-oral-health-and-your-baby>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004155/>

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Women with severe periodontal disease were found to have seven times the risk of giving birth early as women who had healthy gums. They also had seven times the risk of having a baby with a low birth weight.

Oral bacteria traveling through the bloodstream have been found to cause stillbirth.



WORLD LEADERS IN PROACTIVE HEALTHCARE COLLABORATION

**Are you at risk?**

Take our Free Risk Assessment on the other side of this flyer and discuss the results with your dentist.

# RISK ASSESSMENT

## Are you at risk for future health problems?

Directions: Complete the risk assessment checklist below and talk to your healthcare provider about how you might be able to lower your risk.



### Heart Health

- Family history of heart disease
- Uncontrolled hypertension (high blood pressure)
- Abnormal cholesterol levels
- High stress levels
- Smoking status
- Obesity
- Sedentary Lifestyle
- Bleeding and/or inflamed gums



### Alzheimer's/Dementia

- Age 65 or older
- Family history of Alzheimer's
- History of head trauma
- Heart disease/stroke
- Insulin resistance and diabetes



### Airway/Occlusion

- Snoring
- Mouth breathing
- Obesity
- Daytime sleepiness
- Large/thick neck
- Falling asleep while sitting, watching TV, or driving
- Headaches
- Jaw pain and/or limited movement in the jaw
- Worn, broken, or cracked teeth
- Clicking or popping sounds in the jaw
- Persistent shoulder and/or neck pain
- Uncomfortable bite
- Chronic congestion in the nose and/or ears



### Diabetes

- Family history of diabetes
- Bleeding gums
- Sedentary lifestyle
- Insulin resistance
- Overweight/Obese
- Had gestational diabetes
- High blood pressure
- Abnormal cholesterol levels

The information on this graphic and checklist are intended for educational purposes and are not intended to diagnose, treat, cure, or prevent any disease. Consult your healthcare provider for more information about these risk factors.