

# A Happy Mouth, A Happy Body

## An Oral Health Connection to Overall Health

**90%** of medical illnesses have oral manifestation.  
Infections present significant **health risks**.  
Periodontal disease is the most chronic infection affecting Americans.



**Periodontal disease** is the most significant disease affecting adults. It's a chronic bacterial infection that impacts the gums and bone that support teeth. About **80%** of Americans currently have some form of periodontal disease. Severity increases with age. It is also linked to systemic disease.

**Medical and dental relationships:**  
**What you may not realize...**  
Dental health is linked to other health issues such as heart disease and diabetes, and an increased risk of stroke.

### Pregnancy and Periodontal Disease

- Increased risk of low birth weight and seven times more likely to deliver prematurely.  
Treating **gum disease** may reduce these risks.

Women who receive preventive dental care have fewer birth complications than women who receive no treatment.

	Receiving dental treatment	Not receiving dental treatment
Preterm delivery rate	7.6%	10.1%
Low birth weight rate	4.8%	5.0%

### Cost Implications of Premature Birth

**\$49,000** average first-year cost of medical care for premature newborn.

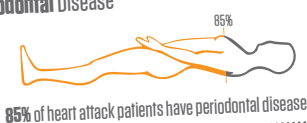
**\$4,551** average first-year cost for medical care for newborn.

Average cost for newborn (first year) **\$4,551**

Average cost for premature newborn (first year) **\$49,000**

### Heart Disease and Periodontal Disease

- 1.5 to 4 times** increased likelihood of heart disease



- Twice** the risk of fatal heart attack
- Increased risk of stroke

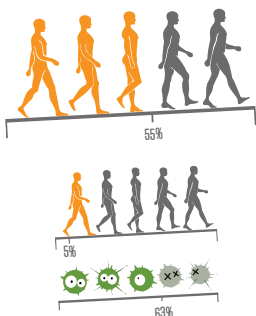
### Diabetes and Periodontal Disease

- Seventh leading cause of death for those with diabetes. Periodontal disease worsens diabetes and vice versa
- Gum disease patients have twice the prevalence of diabetes

### Additional Complications

- Oral Cancer**
- 37,000 new cases annually
- 5-year survival rate just **55%**
- Early detection is key (**80-90%** cured)
- Primarily diagnosed by dentist

- Pancreatic Cancer**
- Most lethal type of cancer
- 42,000 new cases annually, 35,000 deaths
- 5% survival rate
- Genetic markers found in saliva
- Men with gum disease **63%** more likely to develop pancreatic cancer



Dental care is **crucial**.

Be **responsible**. Know the symptoms--and risks.

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