

Links Between Oral Health and Overall Health

Disease	Oral Symptom	Background
Diabetes	<p>Bad breath and bleeding gums are often indicators of diabetes.</p> <p>Dry mouth (xerostomia) also may develop, causing increased tooth decay.</p> <p>Receding gums has been found to occur more frequently in moderate- and poorly-controlled diabetic patients because plaque responds differently in diabetics.</p>	<p>Studies have shown that diabetics are more susceptible to developing oral infections and periodontal disease than those who do not have diabetes. Oral infections tend to be more severe in diabetic patients than non-diabetic patients. And, diabetics who do not have good control over their blood sugar levels tend to have more oral health problems.</p>
Heart Disease	<p>A sore or painful jaw could indicate an impending heart attack or heart disease.</p> <p>Gum disease may exacerbate a pre-existing heart condition.</p>	<p>Research suggests that gum disease may be a more serious risk factor for heart disease than hypertension, smoking, cholesterol, gender and age. New studies suggest that people who have gum disease seem to be at a higher risk for heart attacks.</p> <p>The current theory is that bacteria present in infected gums can dislodge, enter the bloodstream and travel through the arteries to the heart.</p>
Osteoporosis	<p>Receding gums and bone loss around teeth are key indicators of osteoporosis.</p> <p>Osteoporosis increases the risk factors for tooth loss and periodontal disease.</p>	<p>Dentists may be able to detect the first stages of osteoporosis through dental x-rays. These x-rays have the ability to show the amount of bone loss from year to year, signifying advancing stages of the disease. Dentists will be able to detect some of the early warning signs of osteoporosis by noting advancing gum disease, dentures becoming loose, or ill-fitting dentures that lead to mouth sores and difficulty speaking or eating.</p>

In an effort to provide up-to-date information, we are providing information on monthly topics.

Anthony Markiewicz, DDS, FAGD

Fellow of the Academy of General Dentistry

852 North Route 83
Mundelein, IL 60060

847/566-2811

www.amdds.com