

Good oral health = good general health

Recent research reveals a strong relationship between oral health and general health. Good oral hygiene-controlling plaque and preventing oral diseases-is an essential part of maintaining good overall health.

Put simply, keeping your mouth happy and healthy will help to keep your whole body smiling.

Relationships between high plaque levels/oral diseases and other health disorders

- People with moderate to severe gum disease are at higher risk of suffering from rheumatoid arthritis. Damage caused by the immune system and chronic inflammation are central to both diseases.

- Chronic periodontal disease is a risk for people with diabetes, as it can worsen blood glucose control. And diabetics are prone to gum disease, due to reduced saliva levels.

- Chronic periodontal disease is a risk for people with osteoporosis. Osteoporosis can result in decreased jawbone density and tooth loss. Damage from gum disease further aggravates the problem.

- Chronic periodontal disease is a risk during pregnancy, being linked with pre-term, low-weight births.

- Oral bacteria can be aspirated into the lungs and cause diseases such as pneumonia, particularly in high-risk groups such as the elderly.

- Oral bacteria can be swallowed into the stomach, increasing the risk of H. Pylori stomach ulcers. Dental plaque under the gums is a reservoir for H. Pylori bacteria, which may resurface after treatment for stomach ulcers.

- Oral diseases can make chewing difficult, which may lead to changes in the diet and malnutrition.

- Oral bacteria can enter the bloodstream through bleeding sites in the mouth. This is a risk to the heart and circulatory system, increasing the risk of heart disease and stroke.

Stay healthy and keep smiling!

See also ...

- Personal dental hygiene plan

- Preventing gum disease

- Colds & oral hygiene