

## CONSIDERING THE LINK BETWEEN ORAL AND SYSTEMIC HEALTH

Per a recent U.S. Surgeon General report, Oral Health In America, “the mouth is a mirror” of health and disease in the rest of the body and the link between oral health and quality of life is stronger than ever. There is solid evidence that diseases of the oral cavity can increase the risk for systemic diseases, and over 120 systemic diseases are known to express themselves in the mouth. Oral exams can detect previously undiagnosed disease, enabling dentists to have an impact on reducing the mortality, morbidity and health care costs of “systemic” diseases.

Consider these facts:

### PERIODONTAL DISEASE:

- 75% of adults over age 35 are affected by periodontal disease;
- Periodontal disease impacts **diabetes**, **heart health**, pregnant mothers and their **newborns** – three of the most potentially high-cost medical conditions. Note: “Cost” relates to actual plan costs for treatment, time missed off work, and the impact to individuals and their families.

#### Diabetes:

- Is the 6th leading cause of death in the United States;
- Individuals with periodontal disease have twice the prevalence of diabetes as those without the disease.

#### Heart Disease / Stroke

- Is the number 1 and number 3 leading cause of death in America;
- Is the number 1 cause of death among people with diabetes;
- People with uncontrolled periodontal disease have a 1.5 to 4 times increased risk for heart disease.

#### Pregnancy

- 10% of all births in America categorized as preterm low birth weight (PLBW);
- Studies indicate an 84% reduction of premature births in women who received scaling and root planing (periodontal treatment) during pregnancy.

### ORAL CANCER - SOME GRIM STATISTICS:

- Approximately 31,000 Americans are diagnosed with oral cancer each year, claiming more than 9,000 lives;
- Is the 4th leading cancer in black men, 7th leading cancer in white men;
- 25% of all oral cancer patients are non-smokers and non-drinkers;
- Is the fastest growing segment being diagnosed in young people and women;
- The five-year survival rate is 57 % (81% if caught early);
- As many people die of oral cancer each year as skin cancer; more each year than: cervical, liver, kidney, testicular cancer or Hodgkin’s disease;
- If detected in its pre-cancerous state, the disease can be prevented;
- Is one of the costliest cancers to treat (\$200,000+ not unusual).

## TAKE CARE OF YOUR MOUTH ... TAKE CARE OF YOUR BODY