

# MOUTH connection BODY



## BRAIN

Oral diseases are associated with stroke. Harmful bacteria in your mouth can make you more susceptible to developing blood clots, thus increasing the chance of a stroke.<sup>1</sup>

## HEART

High levels of inflammation associated with periodontal disease contribute to heart conditions. And those with gum disease are twice as likely to have a heart attack.<sup>3</sup>

## LUNGS

Once dental plaque is established in the mouth, it can spread to the lungs and cause pneumonia and bronchitis. Maintaining good oral health can decrease the incidence of respiratory infections.<sup>2</sup>

## KIDNEYS

The mouth is a gateway for bacteria. Poor oral health causes infections to progress faster, increasing the kidneys' workload.<sup>5</sup>

## PANCREAS

When you're diabetic, your pancreas doesn't make enough insulin. Uncontrolled diabetes can lead to gingivitis and other oral manifestations.<sup>4</sup>

## the CONNECTION continued

### PREGNANCY

Expecting moms with periodontal disease are more likely to have a pre-term birth.<sup>6</sup>



### OSTEOPOROSIS



Gum disease causes bone loss that can lead to tooth loss.<sup>7</sup>

### BREAST CANCER

Women with periodontal disease have higher rates of breast cancer.<sup>8</sup>



1 <https://www.nature.com/articles/srep20074>  
 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3084574/>  
 3 <http://newsletters.pennnet.com/dentalenl/412315033.html>  
 4 <http://www.ada.org/en/member-center/oral-health-topics/diabetes>  
 5 <https://www.perio.org/consumer/kidney-disease>  
 6 <http://www.adha.org/downloads/acc0508supplement.pdf>  
 7 <https://www.webmd.com/oral-health/features/oral-overall-health#1>  
 8 <http://www.ncbi.nlm.nih.gov/pubmed/20960226>