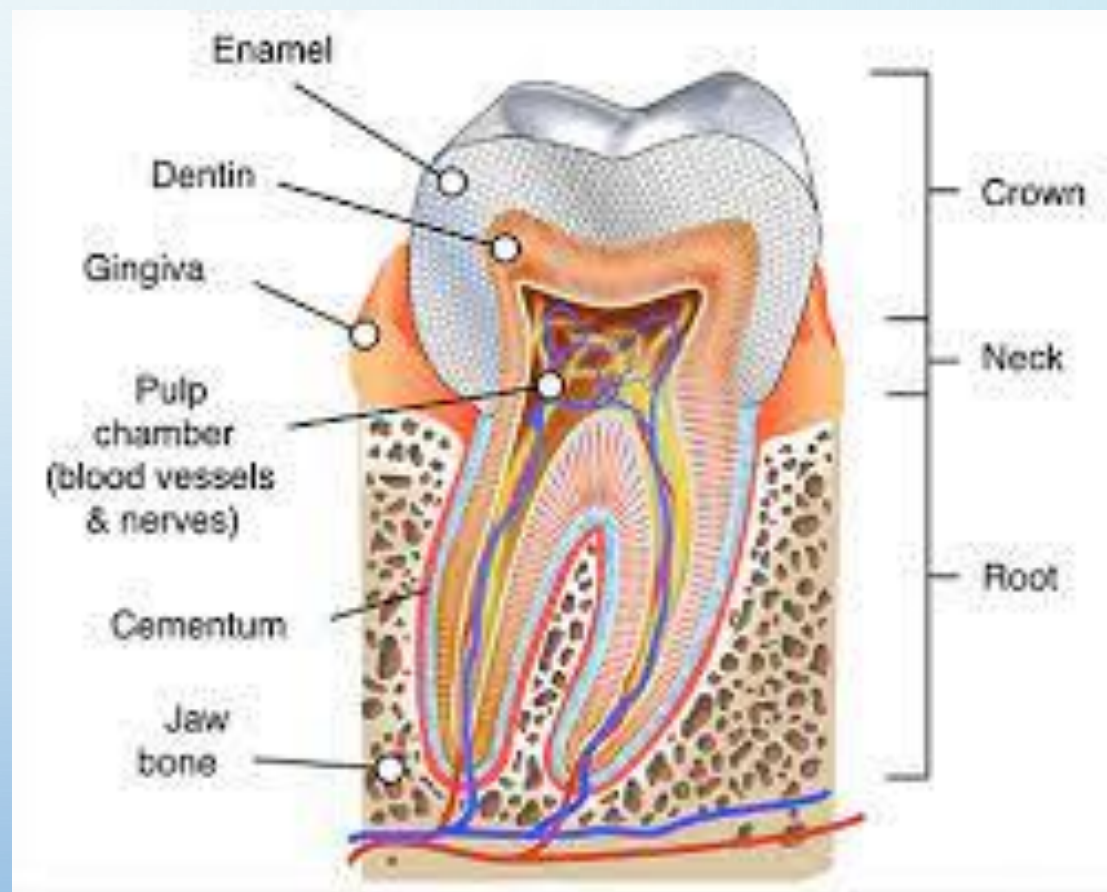


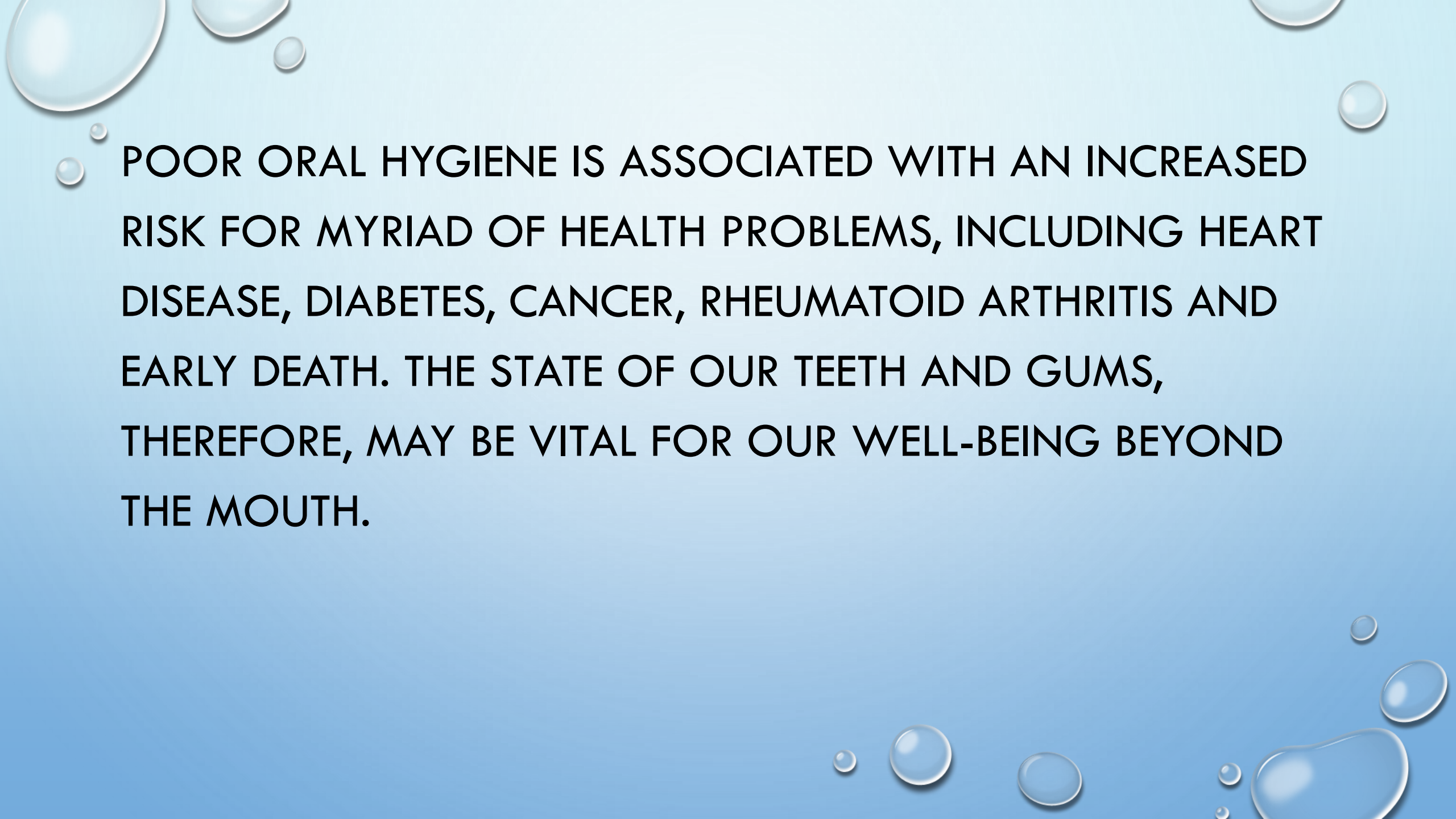
THE IMPORTANCE OF ORAL HEALTH

IT IS NOT JUST YOUR TEETH!



- [HTTPS://YOUTU.BE/OMDB6CZJ2RM](https://youtu.be/OMDB6CZJ2RM)





POOR ORAL HYGIENE IS ASSOCIATED WITH AN INCREASED RISK FOR MYRIAD OF HEALTH PROBLEMS, INCLUDING HEART DISEASE, DIABETES, CANCER, RHEUMATOID ARTHRITIS AND EARLY DEATH. THE STATE OF OUR TEETH AND GUMS, THEREFORE, MAY BE VITAL FOR OUR WELL-BEING BEYOND THE MOUTH.

HOW ORAL HYGIENE AFFECTS YOUR OVERALL HEALTH

BRAIN TISSUE DETERIORATION/DEMENCIA

People with gum disease are 70% more likely to get dementia
(source: National Health Service)

PERIODONTAL DISEASE

50% of American adults suffer from periodontal disease, which can lead to many other chronic inflammatory diseases
(source: CDC)

RESPIRATORY DISEASE

New research has found that bacteria resulting from periodontitis can move through airways into the lungs, leading to potentially life-threatening respiratory illnesses such as pneumonia
(source: United Concordia)

SEPSIS

Dental infections reaching the blood vessels within the inner pulp of the tooth may cause the infection to enter the bloodstream. This dental infection may then create an abscess and lead to sepsis
(source: Sepsis Alliance)

NEGATIVE EFFECTS ON PREGNANCY

Nearly 60 to 75% of pregnant women have gingivitis, an early stage of periodontal disease that occurs when the gums become red and swollen from inflammation. If untreated, pregnant women run the risk of transmitting oral bacteria to their newborns
(source: CDC)

MEDIASTINITIS

Inflammation of the Mediastinum, the area containing the heart, windpipe and esophagus, is linked to abscesses in teeth
(source: National Institutes of Health)

HEART HEALTH

Studies have shown that bacterial infections caused by poor dental health have the potential to negatively affect heart valves
(source: The Mayo Clinic)

OSTEOPOROSIS/BONE FRACTURES

Women with osteoporosis are three times more likely to experience tooth loss than those who do not have the disease
(source: National Institutes of Health)

DIABETES

Diabetes and bleeding gums increase your chances of premature death by 400-700%
(source: American Academy for Oral Systemic Health)



SpringDental

CARDIOVASCULAR

- STUDIES SUGGEST A LINK BETWEEN POOR ORAL HEALTH INCREASES PEOPLE'S RISK FOR CARDIOVASCULAR DISEASE ([SCIENTIFIC REPORTS](#))
- POOR ORAL HYGIENE AND GUM DISEASE LEAD TO INFLAMMATION. INFLAMMATION PLAYS A ROLE IN THE HARDENING OF CORONARY ARTERIES ([BMJ](#))
- “PEOPLE WITH GUM DISEASE (ALSO KNOWN AS PERIODONTAL DISEASE HAVE TWO TO THREE TIMES THE RISK OF HAVING A HEART ATTACK, STROKE, OR OTHER SERIOUS CARDIOVASCULAR EVENT” ([HARVARD MEDICAL SCHOOL](#))

PREGNANCY AND ORAL HEALTH

- BECAUSE OF THE CHANGE IN HORMONES, DURING PREGNANCY WOMEN ARE AT RISK FOR GUM DISEASE AND CAVITIES
- POOR ORAL HEALTH IN PREGNANCY CAN LEAD TO PREMATURE DELIVERY, LOW BIRTH WEIGHT BABIES, AND PRE-ECLAMPSIA ([NIH](#))



DIABETES

DIABETICS NEED TO TAKE EXTRA CARE OF THEIR MOUTHS, 93 % OF DIABETICS HAVE GUM DISEASE OR ARE AT RISK OF GUM DISEASE ([AMERICAN ACADEMY OF ORAL SYSTEMIC HEALTH](#))

- DIABETES AND PERIODONTAL DISEASE HAVE A BIDIRECTIONAL RELATIONSHIP: INFECTIONS IN THE MOUTH INCREASE BLOOD GLUCOSE LEVELS AND WEAKEN INSULIN RESPONSE LEADING TO POSSIBLE POOR GLYCEMIC CONTROL AND DIABETES PUT PEOPLE AT RISK OF MORE ORAL INFECTIONS ([DIAGNOSTICS](#))
- DIABETICS HAVE SLOWER WOUND HEALING, THIS IS ALSO THE CASE IN THE MOUTH, LEADING TO AN INCREASE IN INFECTIONS

DEMENTIA AND POOR ORAL HEALTH



[Vermont Dept. Health](#)

- RESEARCH HAS FOUND THAT BACTERIA THAT NORMALLY RESIDE IN OUR MOUTH MAY ALSO INFECT THE BRAIN AND POTENTIALLY CONTRIBUTE TO NEURODEGENERATION IN ALZHEIMER'S DISEASE. ([WASHINGTON POST, SEPTEMBER 21, 2023](#))
- ACCORDING TO HARVARD MEDICAL SCHOOL ARTICLE "PEOPLE IN THE STUDY WITH MORE TOOTH LOSS HAD, ON AVERAGE, A 48% GREATER RISK FOR DEVELOPING COGNITIVE IMPAIRMENT AND A 28% GREATER RISK FOR DEMENTIA, COMPARED WITH PEOPLE WHO HAD LESS TOOTH LOSS. THERE WAS NO SIGNIFICANT DIFFERENCE IN RISK FOR DEMENTIA AMONG PEOPLE WHO HAD DENTURES (POSSIBLY BECAUSE THEY CAN CHEW FOODS AND MAINTAIN NUTRITION, THE RESEARCHERS SPECULATED). THE RESEARCHERS SAY MOUTH BACTERIA MAY PLAY A ROLE IN BRAIN INFLAMMATION, WHICH MIGHT PROMOTE COGNITIVE PROBLEMS".

SEVERE OUTCOMES WITH COVID-19

- THERE IS SOME EVIDENCE THAT POOR ORAL HEALTH CAN INCREASE YOUR RISK FOR COVID-18 INFECTION ([JOURNAL OF TRANSLATIONAL MEDICINE](#))
- “OVERALL, POOR ORAL HEALTH CONDITIONS WERE HIGHLY PREVALENT AND ASSOCIATED WITH CRITICAL COVID-19 SYMPTOMS, HIGHER RISK FOR ADMISSION IN THE INTENSIVE CARE UNIT (ICU), AND DEATH”. ([JOURNAL OF PERIODONTAL](#))

GUM DISEASE

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=YQF7W0VXN8W](https://www.youtube.com/watch?v=YQF7W0VXN8W)

DRY MOUTH

- SYMPTOMS: DRYNESS OR STICKINESS IN THE MOUTH, SALIVA THAT SEEMS THICK AND STRINGY, DRY OR GROOVED TONGUE, A HARD TIME CHEWING OR SWALLOWING FOOD
- DRY MOUTH INCREASES THE RISK FOR TOOTH DECAY OR FUNGAL INFECTIONS IN THE MOUTH
- SOME MEDICATIONS INCREASE THE RISK OF DRY MOUTH SUCH AS: SOME ANTIDEPRESSANTS, SOME BLOOD PRESSURE MEDICATIONS, MUSCLE RELAXANTS, ANTIHISTAMINES, AND DECONGESTANTS
- SNORING OR MOUTH BREATHING
- TOBACCO OR ALCOHOL USE

BAD BREATH

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=GWHF0WYG7P4&T=186S](https://www.youtube.com/watch?v=GWHF0WYG7P4&t=186s)

THE GUT'S ROLE IN ORAL BONE HEALTH

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WI8VSKJXSEO](https://www.youtube.com/watch?v=WI8VSKJXSEO)

ORAL CANCER

- “ORAL CANCER CAN START IN ANY PART OF THE MOUTH OR THROAT, INCLUDING THE TONGUE. IT IS MORE LIKELY TO HAPPEN IN PEOPLE OVER AGE 40. A DENTAL CHECKUP IS A GOOD TIME FOR YOUR DENTIST TO LOOK FOR SIGNS OF ORAL CANCER. PAIN IS NOT USUALLY AN EARLY SYMPTOM OF THE DISEASE. TREATMENT WORKS BEST BEFORE THE DISEASE SPREADS. EVEN IF YOU HAVE LOST ALL YOUR NATURAL TEETH, YOU SHOULD STILL SEE YOUR DENTIST FOR REGULAR ORAL CANCER EXAMS.
- YOU CAN LOWER YOUR RISK OF GETTING ORAL CANCER IN A FEW WAYS:
- DO NOT USE TOBACCO PRODUCTS, SUCH AS CIGARETTES, CHEWING TOBACCO, SNUFF, PIPES, OR CIGARS.
- IF YOU DRINK ALCOHOL, DO SO ONLY IN MODERATION.
- USE LIP BALM WITH SUNSCREEN.
- ELECTRONIC CIGARETTES (E-CIGARETTES) ARE RELATIVELY NEW, AND SCIENTISTS ARE STILL LEARNING ABOUT THEIR LONG-TERM HEALTH EFFECTS. HOWEVER, WE DO KNOW E-CIGARETTE VAPOR CONTAINS CANCER-CAUSING CHEMICALS”. [\(TAKING CARE OF YOUR TEETH AND MOUTH\)](#)

CHILDREN

- “UNTREATED CAVITIES CAN CAUSE PAIN AND INFECTIONS THAT MAY LEAD TO PROBLEMS WITH EATING, SPEAKING, PLAYING, AND LEARNING. CHILDREN WHO HAVE POOR ORAL HEALTH OFTEN MISS MORE SCHOOL AND RECEIVE LOWER GRADES THAN CHILDREN WHO DON'T.” ([CDC](#))
- POOR ORAL HYGIENE IS LINKED TO PROBLEMS WITH PHYSICAL DEVELOPMENT
- HELP YOUR KIDS FORM A REGULAR ROUTINE OF BRUSHING TWICE A DAY AND WORK TOGETHER TOWARD A LIFETIME OF HEALTHY TEETH AND GUMS! ([VERMONT DEPT. OF HEALTH](#))



Daily Care for Teeth and Gums

There's a right way to brush and floss your teeth.

- Gently brush your teeth on all sides with a soft-bristle brush and fluoride toothpaste. Use small circular motions and short back-and-forth strokes.
- Brush carefully and gently along your gum line.
- Lightly brush your tongue to help keep your mouth clean.
- Clean around your teeth with dental floss. Work the floss gently between the teeth until it reaches the gumline.
- Curve the floss into a C shape against one tooth and slide it into the space between the gum and the tooth. Move the floss up and down. Do this for both sides.
- If you have trouble flossing, a floss holder or other cleaning device may help.
- Rinse after you floss. (<https://newsinhealth.nih.gov/2016/11/dont-toss-floss>)



[CDC](#)

REMEMBER

- CHANGE YOUR TOOTHBRUSH EVERY 2-3 MONTHS OR WHEN IT BECOMES WORN (MOST DENTIST RECOMMEND A SOFT TOOTHBRUSH)
- GET A DENTAL CHECK-UP AT LEAST 2X A YEAR
- SEE YOUR DENTIST IF YOU HAVE ANY BLEEDING OR PAIN IN YOUR MOUTH
- AVOID USING TOBACCO PRODUCTS



EATING FOR A HEALTHY MOUTH

- “THE ADA OFFERS THESE TIPS TO HELP REDUCE THE RISK OF TOOTH DECAY FROM THE FOODS YOU EAT:
- EAT SUGARY FOODS WITH MEALS. YOUR MOUTH MAKES MORE SALIVA DURING MEALS. THIS HELPS TO REDUCE THE EFFECT OF ACID PRODUCTION AND TO RINSE PIECES OF FOOD FROM THE MOUTH.
- LIMIT BETWEEN-MEAL SNACKS. IF YOU CRAVE A SNACK, CHOOSE SOMETHING NUTRITIOUS. THINK ABOUT CHEWING SUGARLESS GUM AFTERWARD TO INCREASE SALIVA FLOW AND WASH OUT FOOD AND ACID.
- DRINK MORE WATER. FLUORIDATED WATER CAN HELP PREVENT TOOTH DECAY. IF YOU CHOOSE BOTTLED WATER, CHECK THE LABEL FOR THE FLUORIDE CONTENT.” ([UNIVERSITY OF ROCHESTER MEDICAL CENTER](#))

GOOD FOODS FOR YOUR TEETH, FROM THE UNIVERSITY OF ROCHESTER MEDICAL CENTER

- **“FIBER-RICH FRUITS AND VEGETABLES.** FOODS WITH FIBER HELP KEEP YOUR TEETH AND GUMS CLEAN, SAYS THE AMERICAN DENTAL ASSOCIATION (ADA). THEY ALSO GET SALIVA FLOWING. NEXT TO GOOD HOME DENTAL CARE, THIS IS YOUR BEST NATURAL DEFENSE AGAINST CAVITIES AND GUM DISEASE. AFTER YOU EAT SOMETHING THAT HAS SUGARS OR STARCHES, YOUR SALIVA BEGINS TO REDUCE THE EFFECTS OF THE ACIDS AND ENZYMES ATTACKING YOUR TEETH. SALIVA CONTAINS TRACES OF CALCIUM AND PHOSPHATE. SO IT ALSO RESTORES MINERALS TO AREAS OF TEETH THAT HAVE LOST THEM FROM THE BACTERIAL ACIDS.
- **CHEESE, MILK, PLAIN YOGURT, AND OTHER DAIRY PRODUCTS.** CHEESE IS ANOTHER SALIVA MAKER. THE CALCIUM AND PHOSPHATES IN MILK, CHEESE, AND OTHER DAIRY PRODUCTS, HELP PUT BACK MINERALS YOUR TEETH MIGHT HAVE LOST DUE TO OTHER FOODS. **THEY ALSO HELP REBUILD TOOTH ENAMEL.**
- **GREEN AND BLACK TEAS.** THESE TEAS BOTH CONTAIN POLYPHENOLS THAT INTERACT WITH PLAQUE BACTERIA. THESE SUBSTANCES EITHER KILL OR HOLD BACK BACTERIA. THIS PREVENTS BACTERIA FROM GROWING OR MAKING ACID THAT ATTACKS TEETH. DEPENDING ON THE TYPE OF WATER YOU USE TO BREW YOUR TEA, A CUP OF TEA CAN ALSO BE A SOURCE OF FLUORIDE.
- **SUGARLESS CHEWING GUM.** THIS IS ANOTHER GREAT SALIVA MAKER THAT REMOVES FOOD PARTICLES FROM YOUR MOUTH.
- **FOODS WITH FLUORIDE.** FLUORIDATED DRINKING WATER, OR ANY PRODUCT YOU MAKE WITH FLUORIDATED WATER, HELPS YOUR TEETH. THIS INCLUDES POWDERED JUICES (AS LONG AS THEY DON'T CONTAIN A LOT OF SUGAR) AND DEHYDRATED SOUPS. COMMERCIALLY PREPARED FOODS, SUCH AS POULTRY PRODUCTS, SEAFOOD, AND POWDERED CEREALS, ALSO CAN GIVE FLUORIDE.”

MINIMIZE THESE

FROM THE UNIVERSITY OF ROCHESTER MEDICAL CENTER

- **“STICKY CANDIES AND SWEETS.** IF YOU EAT SWEETS, GO FOR THOSE THAT CLEAR OUT OF YOUR MOUTH QUICKLY. SO THUMBS DOWN FOR LOLLIPOPS AND CARAMELS THAT HAVE REFINED SUGAR. THE ADA STATES THAT CHOCOLATE WASHES OFF THE TEETH MORE QUICKLY THAN OTHER CANDIES. DARK CHOCOLATE (70% CACAO) DOES HAVE SOME HEALTH BENEFITS. SOME STUDIES HAVE SHOWN CHOCOLATE IS NOT AS BAD AS OTHER SUGARY TREATS.
- **STARCHY FOODS THAT CAN GET STUCK IN YOUR MOUTH.** SOFT BREADS AND POTATO CHIPS, FOR INSTANCE, CAN GET TRAPPED BETWEEN YOUR TEETH.
- **CARBONATED SOFT DRINKS.** THESE DRINKS ARE THE LEADING SOURCE OF ADDED SUGAR AMONG KIDS AND TEENS. THEY ARE LOADED WITH SUGAR. AND MOST SOFT DRINKS HAVE PHOSPHORIC AND CITRIC ACIDS THAT WEAR AWAY TOOTH ENAMEL.
- **SUBSTANCES THAT DRY OUT YOUR MOUTH.** THESE INCLUDE ALCOHOL AND MANY MEDICINES. IF MEDICINES ARE THE CAUSE, TALK WITH YOUR DENTAL CARE PROVIDER ABOUT GETTING A FLUORIDE RINSE, OR A FLUORIDE GEL FOR BRUSHING YOUR TEETH.”

AND DON'T FORGET YOUR PET'S TEETH TOO!



[Image: Your Pet & You](#)

FOR CREDIT FOR THE BE WELL PROGRAM GO
TO: [QUIZ](#)



RESOURCES

- [CDC](#)
- [HTTPS://NEWSINHEALTH.NIH.GOV/2016/11/DONT-TOSS-FLOSS](https://newsinhealth.nih.gov/2016/11/dont-toss-floss)
- [JOURNAL OF PERIODONTAL](#)
- [NATIONAL INSTITUTE ON AGING](#)
- [NIH](#)
- [SCIENTIFIC REPORTS](#)
- [UNIVERSITY OF ROCHESTER MEDICAL CENTER](#)
- [VERMONT DEPARTMENT OF HEALTH](#)
- [WASHINGTON POST](#)