

Gum Disease Can Kill More Than Your Smile

Gum disease is caused by bacteria. When your gums are inflamed bacteria from the mouth *are* getting into the bloodstream. This leads to an increased risk for the serious health problems listed below.

HEART DISEASE

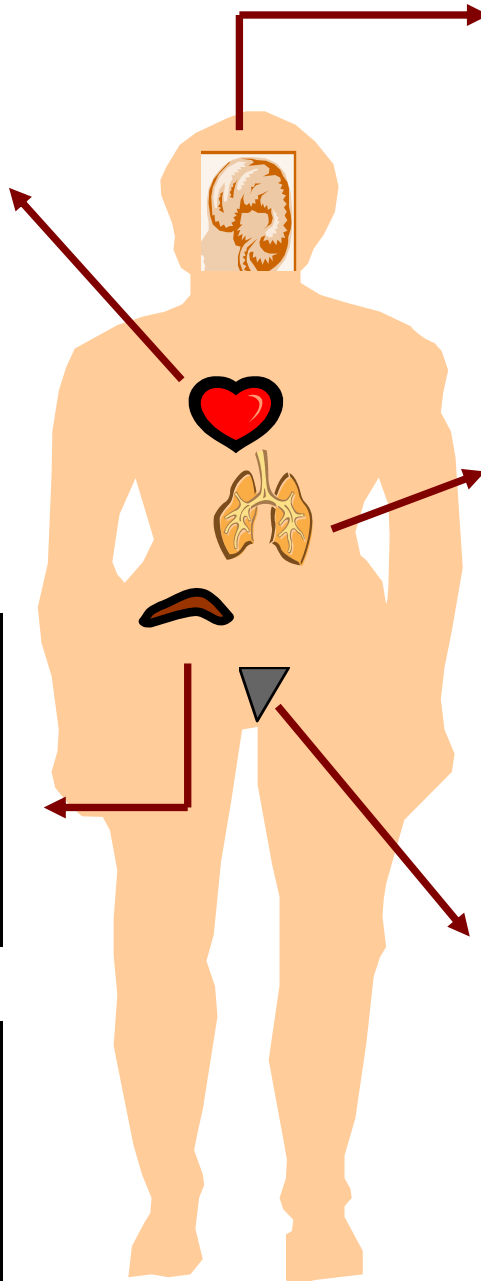
Bacteria from the mouth can get into the bloodstream when the gums are inflamed. These bacteria can attach to platelets. These clumps of platelets and bacteria can lodge inside the walls of blood vessels causing *heart-stopping* clots to form. These clots are what lead to heart disease. **Keeping your gums healthy can reduce your risk for a heart attack.**

DIABETES (pancreas)

The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can *directly* improve diabetic control.

OTHER LINKS

Links between gum disease and Alzheimer's disease, rheumatoid arthritis and even kidney disease are being investigated. Do what ever is necessary to eliminate inflammation anywhere in your body.



STROKE

Studies show that people with long-standing gum disease are more likely to have strokes.

LUNGS

The bacteria that collect in your mouth when gum disease is present are the same bacteria that can cause pneumonia and other respiratory disease. Keeping the bacteria count in your mouth as low as possible can reduce your risk for developing chronic lung problems.

PRE-TERM BIRTHS

Women with gum disease are seven to eight times more likely to give birth prematurely to low birth weight babies. Researchers believe that gum disease causes the body to release inflammatory chemicals which are linked to pre-term birth.

Want more info? Visit this website: www.perio.org