The Health Connection Between Mouth & Body

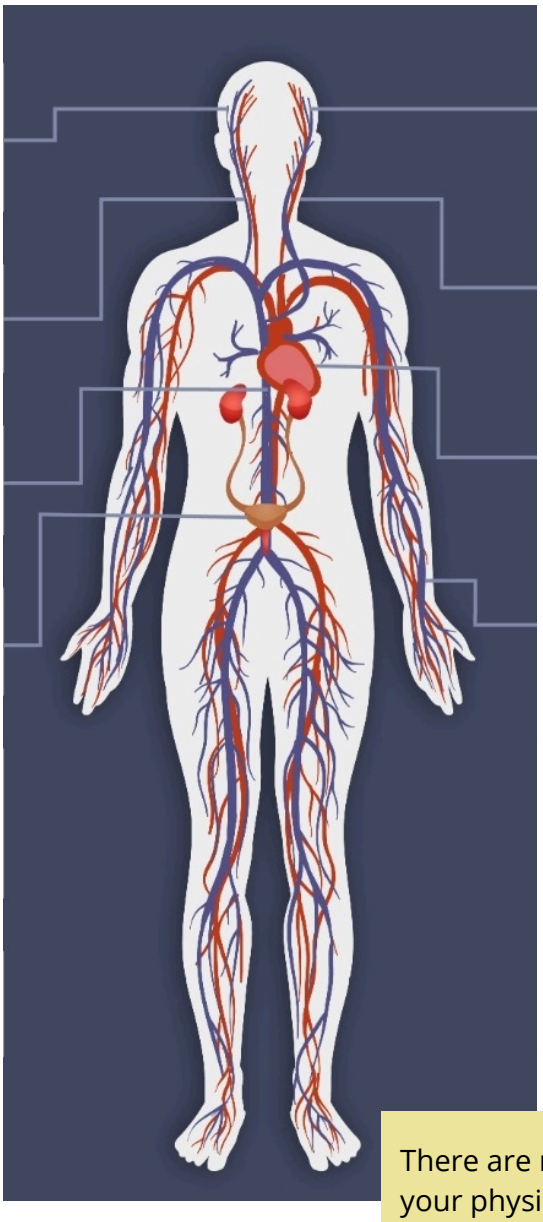
Common connections between oral hygiene & overall health

Dry Mouth
Many medications taken can lead to dry mouth, which significantly elevates risk for gum disease and tooth decay.

Obesity
Obese people have a 76% higher rate of periodontal disease than people within a normal weight range.

Stroke
Bacterial plaques in the mouth have been found in arteries, leading to a greater risk for clots and stroke.

Smoking
Smoking dulls taste and smell sensation, increases oral cancer risk, and compromises healing from oral infections.



The Mouth-Body Connection

Heart Disease
Bleeding gums increase the likelihood of developing clots in the circulatory system and increases the chances of stroke by more than 50%.

High Blood Pressure
Gum disease increases inflammatory markers that raise a persons risk for high blood pressure and stroke.

Diabetes
Gum disease and diabetes are very closely related. Diabetes can compromise healing from oral infections, and oral infections can alter sugar processing, therefore making diabetes more difficult to control.

As many as

90%

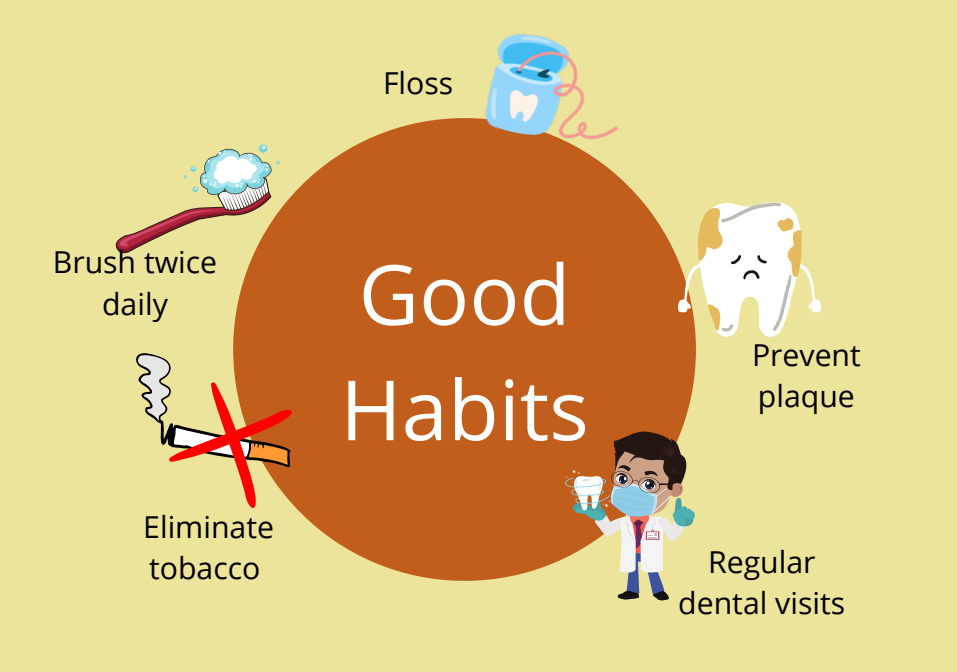
of systemic diseases produce oral signs and symptoms.

There are many benefits from maintaining your physical & oral health, including:

- healthy weight
- preventing chronic diseases such as diabetes, heart disease, and kidney disease
- oral health
- increase in energy
- decrease in stress

A healthy mouth protects your brain, heart & general health

Good Nutrition & Dental Health



How is Nutrition Important to Dental Health?
Food choices and eating habits are important in preventing tooth decay and gingival disease. Each time food is consumed, there is an opportunity for bacteria to produce an acid and begin the caries (also known as cavity) process.

The bacteria which is found in the mouth requires food to survive and grow in number. When you consume foods that are sugary or starchy, the bacteria will utilize these foods as its own food. The bacteria will thereafter produce acid which can soften your tooth enamel. We are not referring to just ice cream and candy, all carbohydrate foods will ultimately break down into simple sugars that can be used by these bacteria. These include some of the most common sugary foods like candy, soft drinks, cakes, and cookies. They also include other foods such as breakfast cereals, potato chips, bananas, crackers, and pretzels.

The bacteria that is found in your mouth will convert the sugar in these type of foods into acids. The acids will then be used in dissolving the mineral crystals in your teeth. Therefore, the more frequently you consume them in a day, the more risks you expose your teeth to. That is the reason why it is imperative to get regular teeth cleanings and treat any carries immediately when they start forming before, they break through your enamel and form a cavity.

A balanced diet can improve overall health



Dairy - not only are milk and dairy excellent sources of calcium and protein, but they can also help balance the pH level in your mouth



Lean proteins - chicken, fish, and eggs are full of phosphorus, which strengthens teeth



Fruits & vegetables - get more fiber into your diet with fruits and vegetables. Antioxidant-rich foods can also play a role in protecting gums from infection



Nutritious snacks - skip the snacks loaded with added sugar. Instead, help your mouth by reaching for cheese, raw vegetables, plain yogurt, or a piece of fruit