

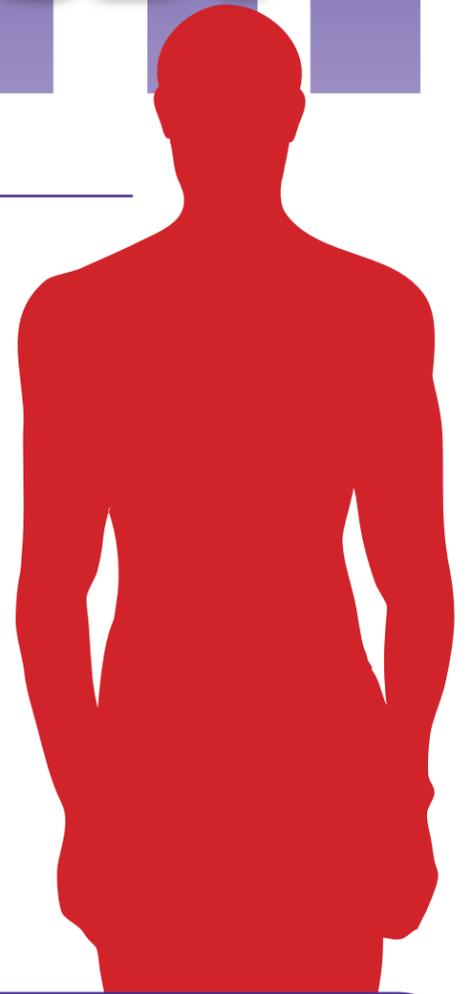


HEALTH

MOUTH AND BODY

Did You Know...

- Infections in the mouth can cause problems in managing illnesses such as heart disease, diabetes, high blood pressure and stroke. Gum diseases are serious infections.
- Patients with significant mouth problems often have no symptoms.
- About 1 out of 4 NH adults report their teeth NOT cleaned by a dental professional in the past year.
- Tooth loss is NOT part of the normal aging process.
- Oral health affects employment; there about 20 million lost work days due to oral disease.
- Preventable dental problems represent more than half of all Emergency Department conditions.



Cardiovascular Diseases

- Poor oral health is associated with increased risk for heart attacks and stroke.
- High blood pressure is more prevalent in patients with gum disease.
- Gum disease is a risk factor for diseases of the blood vessels and arteries to the brain.

Diabetes

- Diabetes is a risk factor for gingivitis or other gum disease and it increases the risk of gum disease.
- Gum disease is more prevalent in patients with Type I or Type II diabetes.
- Worsening gum disease makes glycemic (blood sugar) control more difficult.
- People with diabetes have an increase in gum disease, tooth loss, and bone loss.

Cancer

- The death rate for oral cancer is higher than cancers such a Hodgkins disease, melanoma or cervical cancer.
- Oral cancer or throat cancer will be diagnosed in about 50,000 Americans this year and 13,500 will die from it. Late diagnosis is a major factor in the high death rate.

General

- Gum disease is associated with a higher risk for pre-term labor and low birth weight baby.
 - Osteoporosis (bone loss) may first show up in your teeth due to loss of bone density in your jaw.

WHAT YOU CAN DO:

- Brush and floss teeth daily
- Drink water not sugar-sweetened beverages
- Eat lots of fruits and vegetables
- Do not smoke
- Set a good example for children
- Regular dental exams can detect early signs of nutritional problems, oral cancer and other chronic diseases
- Have any sore or discolored area of your mouth, which doesn't heal within 14 days, checked by a professional



FOUNDATION FOR
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This information represents a collaborative effort of the Foundation for Healthy Communities and

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