

The Link Between Oral & Overall Health for Seniors

Regular dental visits are vital for a healthy smile. But did you know they can also reveal potential health concerns in other parts of your body, too? Here are just a few examples:

120+



signs of nondental disease can be detected in a routine oral exam.¹



Severe gum disease increases risk of cerebral ischemia stroke by

more than 400%.²



Inhalers can cause thrush,

or oral candidiasis, a potentially painful fungal mouth infection.³



Dry mouth,

a common side effect of many medicines,

can cause tooth decay.



A buildup of dental plaque

can allow bacteria to enter the bloodstream and



increase risk for heart disease.⁴



Gum disease

has been **linked to diabetes** and can make the body more resistant to insulin.



Certain osteoporosis treatments can cause **bisphosphonate-related osteonecrosis of the jaw (BONJ)**, a rare but serious side effect. Gum disease and certain dental procedures can increase risk of BONJ.⁵



Rheumatoid arthritis

increases the risk of gum disease.

1.) James W. Little et al., *Dental Management of the Medically Compromised Patient* (St. Louis: Mosby, 2012) 2.) Armin J. Grau et al., "Periodontal Disease as a Risk Factor for Ischemic Stroke," *Stroke* 35, no. 2 (2004): 496-501. 3.) American Dental Association, "Medications and Oral Health," web. 4.) TE Van Dyke and AJ van Winkelhoff, "Infection and Inflammatory Mechanisms," *Journal of Clinical Periodontology* 40, suppl. 14 (2013): S1-S7. 5.) V Thumbigere-Math, et al., "Periodontal disease as a risk factor for bisphosphonate-related osteonecrosis of the jaw," *Journal of Periodontology* 85, no. 2 (2014): 226-33.