



Recent Dental studies have shown that there is a direct relationship between certain  
**Medical Conditions and Gum Disease.**



**If**

Your gums bleed when you brush,  
You have a constant bad taste in your mouth,  
Your breath is not fresh,  
You keep getting food stuck between your teeth

Then almost certainly you have gum disease and probably Periodontal Disease (the more destructive Gum disease).

### Does This Matter

Of course it does!!!

The facts are quite clear that when you have gum disease you are more likely to suffer from heart disease and from strokes

More likely to have delayed recovery (This is especially true if you have gum disease and smoke)

### Can Something Be Done?

Yes, and normally it involves just 3 simple steps  
Dental Hygiene Treatment  
Good Home Dental Hygiene  
Regular Ongoing visits to see the dentist and Dental Hygienist

### General Medical Conditions and Dental Health

Recent studies have shown a direct relationship between

Diabetes and Gum disease  
Heart Disease and Gum disease  
Live birth weight and Gum disease  
Strokes and Gum disease  
Mouth/Throat Cancers and Poor Oral Health  
Mouth/Throat Cancers and Excessive Use of Some Mouthwashes

### Strokes and Gum disease

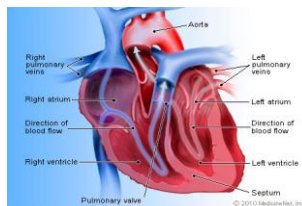
Dr Nigel Carter, Chief Executive of the British Dental Health Foundation, said: "Obesity, alcohol abuse, poor diet and smoking are generally well-known risk factors which can cause strokes. Less well-known are the risks caused by gum disease

## Diabetes and Gum disease



"Gum disease can happen more often, be more severe, and take longer to heal if you have diabetes. In turn, having gum disease can make your blood glucose hard to control. Some studies show that treating your gum disease makes it easier to control your blood glucose."

## Heart Disease and Gum disease



"There are a lot of studies that suggest that oral health, and gum disease in particular, are related to serious conditions like heart disease," says periodontist Sally Cram, DDS, a spokeswoman for the American Dental Association.

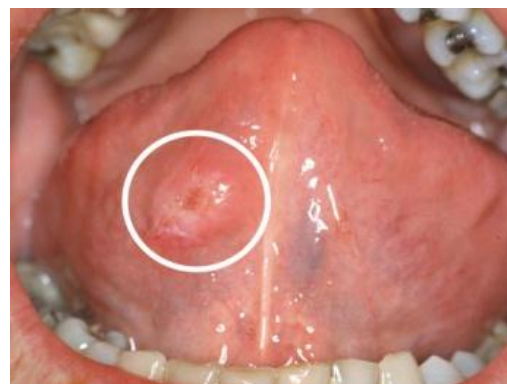
## Live birth weight and Gum disease



Even when you consider other known risk factors for premature births and low birth weights, there clearly appears to be an association between gum disease (periodontitis) and premature births with low birth weights.

## Mouth/Throat Cancers and Poor Oral Health

The relationship was established by a Pan-European study and for more information please ask for our Special leaflet about Oral/Throat Cancers/excessive use of Mouthwashes



## Mouth/Throat Cancers and Excessive Use of Some Mouthwashes

The relationship was also established by a Pan-European study and for more information please ask for our Special leaflet about Oral/Throat Cancers/excessive use of Mouthwashes