

## Gum Disease Can Kill More Than Your Smile

### 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.

### Bone Loss

Reduction in bone mass (osteopenia) can be associated with gum disease and related tooth loss.

### 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.



### Stroke

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

### 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.

### Diabetes

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.