

# MOUTH HEALTH MATTERS!

— exploring oral - systemic health —

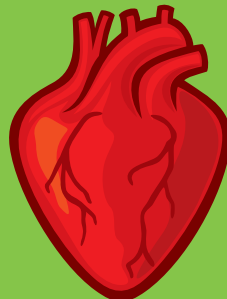
## CARDIOVASCULAR DISEASE

# #1

The number one cause of death in the United States, claiming more lives than all types of cancer combined.<sup>1</sup>

### Risk factors for heart disease:

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Diabetes
- ✓ Gum Disease<sup>2</sup>



- ✓ Physical Inactivity
- ✓ Poor Diet
- ✓ Smoking
- ✓ Drinking Alcohol



Coronary heart disease patients' risk of death increases with every tooth lost.<sup>3</sup>



BETWEEN

**80 - 90%**

percent of heart disease

**can be prevented**

with lifestyle changes.<sup>4</sup>



**\$5,168**

per year for  
Stroke Patients

Periodontal treatment  
reduces hospital  
admissions and lowers  
annual medical costs.<sup>5</sup>



**\$1,090**

per year for  
Heart Disease Patients

**PERIODONTAL  
DISEASE**

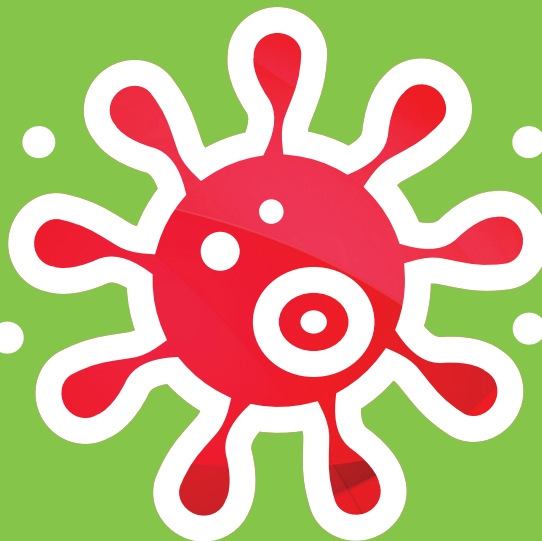
**IS DIRECTLY  
LINKED TO**

**ARTERY  
INFLAMMATION.<sup>6</sup>**



Heart  
Attack

*Periodontal Pathogens Affect*



High Blood  
Pressure



Stroke



Other  
Biomarkers

**SOURCES:**

1. <http://www.cdc.gov/heartdisease/facts.htm>
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2504402/>
3. <http://cpr.sagepub.com/content/early/2015/12/14/2047487315621978>
4. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(04\)17018-9/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(04)17018-9/abstract)
5. <https://www.unitedconcordia.com/dental-insurance/dental/conditions/ucwellness-oral-health-study/results-ucwellness-oral-health-study/>
6. <http://content.onlinejacc.org/article.aspx?articleid=1144173>
7. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3403746/>

Brought to you by:



**WWW.AAOSH.ORG**