

## A little prevention saves a LOT of money

Regular brushing and flossing, plus regular check-ups by your dentist are the easiest forms of preventive oral care that could save you **thousands of dollars** in expensive treatments.

It is estimated that for every dollar spent on preventive oral health services, you save between **\$8-50** in restorative services later in life<sup>3</sup>.

**17%** of all health care spending in the U.S. goes to heart disease<sup>4</sup>. Time spent in the hospital and on heart procedures can wipe out a family's finances.

Each diabetes patient spends an average of **\$6,000** per year battling their disease<sup>5</sup>.

And when people with preventable oral health issues use the emergency room as a last-resort treatment option, it costs states millions of extra dollars each year<sup>6</sup>.

Saving yourself from expensive treatments is just another reason to smile at having a healthy mouth.

1 CDC Press Release, January 26, 2011, [http://www.cdc.gov/media/releases/2011/p0126\\_diabetes.html](http://www.cdc.gov/media/releases/2011/p0126_diabetes.html)

2 Sjogren P, Nilsson E, Forsell M, Johansson O, Hoogstraate J. Journal of the American Geriatrics Society. 2008;56(11):2124-30

3 Journal of Periodontology, August 2003.

4 "Heart Disease treatment costs set to triple to \$818 billion annually by 2030," Scientific American blog, January 24, 2011, <http://blogs.scientificamerican.com/observations/2011/01/24/heart-disease-treatment-costs-set-to-triple-to-818-billion-annually-by-2030/>

5 American Diabetes Association, <http://www.diabetes.org/in-my-community/programs/winning-at-work/winning-at-work-diabetes.html>

6 "Oral Health and Healthcare Reform," Oral Health America Policy Statement, April 2009.

There are many places to find **more information about oral health's connection to the rest of your body**

American Dental Association

[www.ada.org](http://www.ada.org)

American Academy of Periodontology

[www.perio.org](http://www.perio.org)

Centers for Disease Control and Prevention

[www.cdc.gov/oralhealth](http://www.cdc.gov/oralhealth)

Nebraska Office of Oral Health

[www.dhhs.ne.gov/HealthySmiles](http://www.dhhs.ne.gov/HealthySmiles)

Always consult your personal doctor and dentist about health questions.



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# Watch Your Mouth!

## It's More Than A Smile



## Oral Health Affects Your Entire Body

### Healthy Smiles for a Healthy Future

# Oral Health and Your Entire Body

The medical community is still researching the effects oral health has on total body health, but early studies show links between gum disease and other health conditions.

Taking care of your teeth is an easy way to improve your overall quality of life.

“Keeping your teeth and gums healthy allows you to **add 6.4** years to your life.”

- Dr. Michael F. Roizen, M.D.

*Author of Real Age: Are You As Young As You Can Be?*

*New York Times #1 Bestseller*

## Bacteria in your mouth may lead to an increased risk of heart attacks or stroke.

When you have gum disease, bacteria can enter the rest of your body.

This bacteria can enter your blood vessels where it can help form a blood clot.

Blood clots can block blood flow through vessels leading to a heart attack, or if in the brain, a stroke.

If you are at a high risk of heart disease, having gum disease can make your problem worse.

## Oral Health and Diabetes

A 20-year study performed by Columbia University of more than 9,000 people showed those with higher levels of gum disease were **twice** as likely to develop Type 2 diabetes because of inflammation.

- *Endocrine Today, Vol. 6. No. 20, November 2008*

Recent scientific literature suggests that bacteria or other harmful agents from gum disease can hurt the body's regulation of glucose, or blood sugar.

Nearly 26 million Americans have diabetes. And another 1 million cases in people over age 20 are diagnosed each year<sup>1</sup>.

## Oral Health and Lung Problems.

The Journal of Periodontology reported in 2006 that good oral hygiene cuts the risk of lung diseases like pneumonia or respiratory tract infection in high-risk elderly adults.

In fact, one in 10 deaths from pneumonia in elderly adults in hospitals or nursing homes may be prevented by keeping their teeth clean<sup>2</sup>.

If you have a loved one in an assisted living facility, make sure they see an oral health professional regularly.



## Oral Health and Mental Acuity

Several recent studies are ongoing that look at the link between older adults with gum disease and mental conditions like memory loss and Alzheimer's.

A 2010 study by New York University suggests older adults with gum diseases are at a higher risk of memory loss and brain function.

Gum inflammation can lead to cells in your brain dying which slows mental comprehension.