



Systemic Diseases Associated with Periodontal Disease

New studies emphasize the potential links between periodontal diseases and other diseases

Periodontal diseases are bacterial gum infections that destroy the gums and supporting bone that hold your teeth in your mouth. In addition to promoting bone and tooth loss, recent research shows that the inflammation from periodontal disease may cause or complicate many other diseases including:

- ▶Diabetes
- ▶Cardiovascular Disease
- ▶Stroke
- ▶Chronic Kidney Disease
- ▶Cancer
- ▶Rheumatoid Arthritis
- ▶Autoimmune Diseases
- ▶Alzheimer's Disease
- ▶Chronic Obstructive Pulmonary Disease
- ▶Osteoporosis
- ▶Pre-term or low birth rates

Maintaining good oral health can impact your quality of life and well-being. This includes incorporating a regular oral hygiene routine such as daily brushing, flossing and regular dental visits. Through proper periodontal treatment you can lower your risks for other diseases associated with periodontitis and more effectively control chronic diseases such as diabetes, chronic kidney disease, arthritis and cardiovascular disease.

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