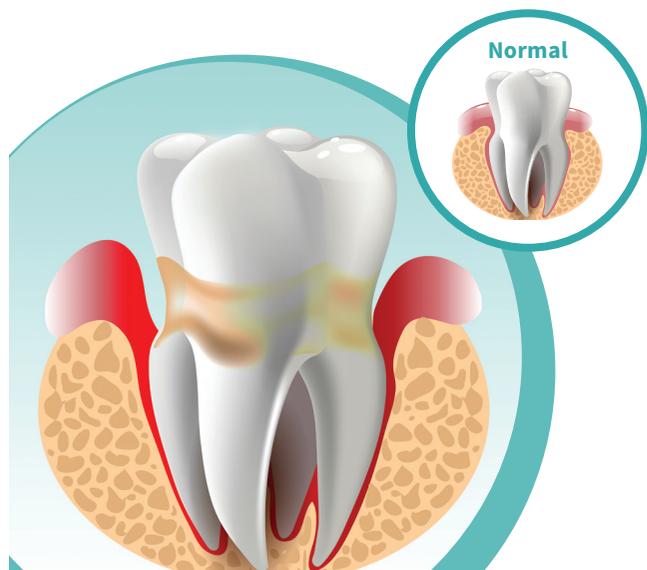


## What is Periodontal Disease?

Periodontal disease (also known as gum disease) occurs when the buildup of plaque bacteria irritate the gums and trigger an inflammatory response characterized by reddened tissue, swelling, and bleeding. Bacteria erode gum and bone tissue in severe cases, causing gum recession, spaces between the teeth and gums, loosening and shifting teeth, and eventually tooth loss.

## Periodontal Disease and Your Overall Health

Your periodontal health can have an impact on your overall health and vice versa. This relationship is what periodontists call the *perio-systemic link*. Research continually finds that periodontal disease shares an association with a number of other conditions, including diabetes, cardiovascular disease, and cancer. Caring for your gums with the help of a periodontist is a key component of ensuring your wellbeing beyond the mouth.



## Periodontists: An Important Part of Your Care Team

As specialists in treating gum tissue and the supporting structures of the mouth, periodontists are uniquely qualified to diagnose and manage periodontal disease. Periodontists receive three additional years of training after dental school to master the skills needed to provide predictable and successful periodontal care.

If you have been diagnosed with periodontal disease and another systemic ailment, it is best to create a care team that includes your physician and your periodontist. Keeping them informed of your conditions and any treatments you undergo can help with disease management and reduce the risk of complications.

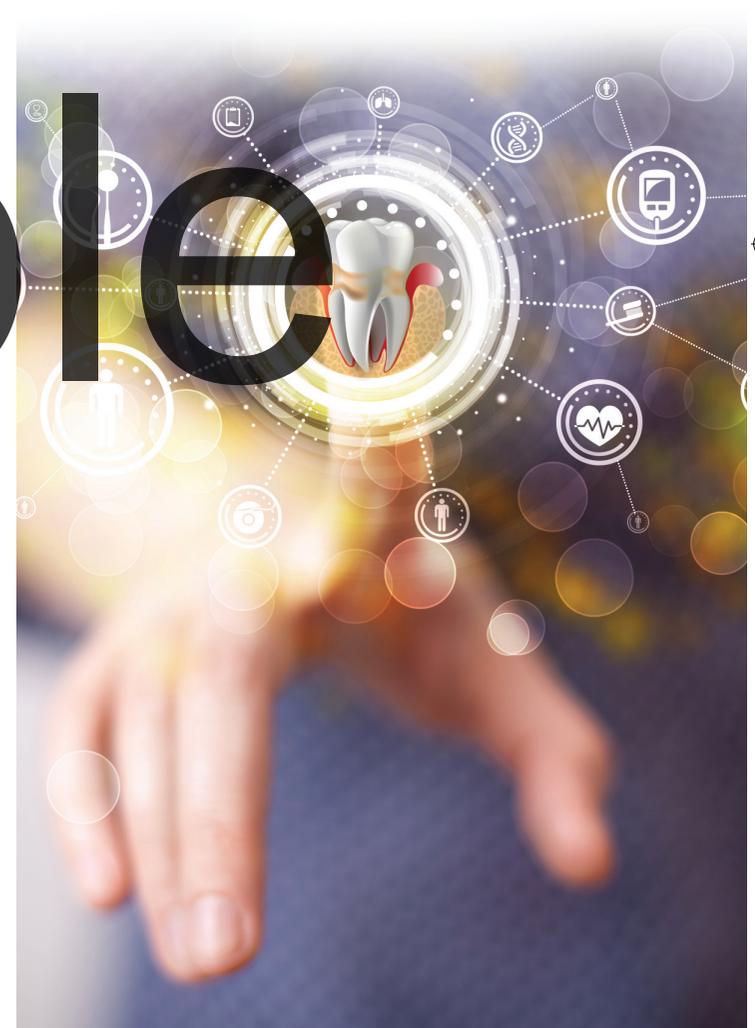


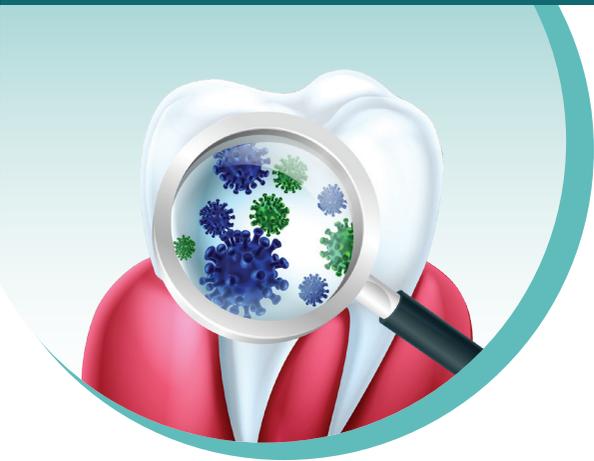
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## Beyond the Mouth

### The Link Between Periodontal Disease and Other Health Conditions





## Cardiovascular Disease and Stroke

People with periodontal disease are nearly twice as likely to develop cardiovascular disease. Many researchers believe that oral bacteria are at the root of this link. These bacteria can enter the bloodstream and travel to other parts of the body, triggering an inflammatory response and the development of plaque that narrows and hardens the arteries. These slow-building blockages can eventually lead to a heart attack or stroke.



## Cancer

Studies have found a link between periodontal disease and various types of cancer, most notably pancreatic cancer and lung cancer. One well-known study found that men with a history of periodontal disease are 14 percent more likely to develop cancer than men with healthy gums. A direct cause-and-effect relationship between periodontal disease and cancer has yet to be established, and it's important to note that the two conditions share risk factors such as tobacco use, age, and genetics.



## Diabetes

Periodontal disease is often considered a complication of diabetes, an inflammatory condition in which the body is unable to produce or properly use insulin to convert sugar into energy. People with diabetes are two to four times more likely to develop periodontal disease. Research also finds that people with both diabetes and periodontal disease tend to experience more severe levels of bone loss and more aggressive periodontal disease advancement, which can ultimately lead to tooth loss.

Tooth loss can make chewing and digesting food difficult, having a negative impact on a diabetic's ability to maintain proper nutrition and control his or her blood sugar levels. Periodontal disease also raises a person's systemic inflammatory signals, which increase blood sugar. Treating periodontal disease can be key for optimal metabolic control.



## Other Associations

Periodontal disease also shares documented associations with rheumatoid arthritis, kidney disease, Alzheimer's disease, respiratory disease, osteoporosis, and pregnancy complications. You should notify your periodontist if you are being treated for these ailments.

# Sample

