



Articles Concerning
**Connections Between Oral Health &
Overall Health**

Updated: August 2020

COVID-19:

The Flu and Dental Care: A Closer Look

Summary-“According to this review, many common oral bacteria associated with gum disease also have an immune-suppression effect that increases susceptibility to cold and flu viruses like influenza and rhinovirus”.

<https://www.todaysrdh.com/the-flu-and-dental-care-a-closer-look/>

Is it safe to get my teeth cleaned during COVID

Summary – short and to the point

<https://www.dentalassociates.com/blog/is-it-safe-to-get-my-teeth-cleaned-during-covid-19>

Oral Hygiene and severity of COVID 19 – the connection

<https://www.news-medical.net/news/20200630/Oral-hygiene-and-severity-of-COVID-19-e28093-the-connection.aspx>

Q&A: Oral Health a ‘piece of the puzzle’ in overall health during COVID 19

<https://www.healio.com/news/primary-care/20200618/qa-oral-health-a-piece-of-the-puzzle-in-overall-health-during-covid19>

Good Oral Health may prevent severe COVID 19 progression

<https://www.dental-tribune.com/news/good-oral-health-may-prevent-severe-covid-19-progression/>

Could there be a link between oral hygiene and the severity of SARS-CoV-2 infections?

(Definition added by me: The scientific name of the new strain of coronavirus is SARS-CoV-2. In people, the disease caused by the virus is called Coronavirus Disease 2019, or COVID-19)

<https://www.nature.com/articles/s41415-020-1747-8>

CANCER:

Oral health may have an important role in cancer prevention

<https://www.sciencedaily.com/releases/2018/01/180116093603.htm>

Poor oral health linked to a 75% increase in liver cancer risk

<https://www.sciencedaily.com/releases/2019/06/190617125124.htm>

More evidence of link between severe gum disease and cancer risk

<https://www.sciencedaily.com/releases/2018/01/180116111145.htm>

Link Found Between Periodontal Disease And Pancreatic Cancer

<https://www.sciencedaily.com/releases/2007/01/070116205547.htm>

HEART DISEASE:

Tooth loss associated with higher risk of heart disease

<https://www.sciencedaily.com/releases/2019/10/191003074841.htm>

Junk food, poor oral health increase risk of premature heart disease

<https://www.sciencedaily.com/releases/2013/12/131202105301.htm>

Bleeding Gums Linked To Heart Disease

<https://www.sciencedaily.com/releases/2008/09/080910210523.htm>

Good Dental Hygiene May Help Prevent Heart Infection

<https://www.sciencedaily.com/releases/2008/06/080609162047.htm>

BLOOD PRESSURE / HYPERTENSION:

Poor oral health linked to higher blood pressure, worse blood pressure control

<https://www.sciencedaily.com/releases/2018/10/181022085817.htm>

Gum disease linked with higher risk of hypertension

<https://www.sciencedaily.com/releases/2019/09/190924080024.htm>

DEMENTIA:

Tooth Loss, Dementia May Be Linked, Study Suggests

<https://www.sciencedaily.com/releases/2007/10/071010111807.htm>

Gum inflammation linked to Alzheimer's disease

<https://www.sciencedaily.com/releases/2010/08/100803112811.htm>

PREMATURE BIRTH / PREGNANCY COMPLICATIONS:

Dental Procedure May Reduce Risk Of Premature Birth

<https://www.sciencedaily.com/releases/2003/08/030828072118.htm>

Pregnancy: Bad Oral Hygiene Can Lead To Complications In Pregnancy And Problems For Babies

<https://www.sciencedaily.com/releases/2009/03/090330200712.htm>

Successful periodontal therapy may reduce the risk of preterm birth, according to dental study

<https://www.sciencedaily.com/releases/2010/09/100915080444.htm>

Link between gum disease and cognitive decline in Alzheimer's

<https://www.sciencedaily.com/releases/2016/03/160310141330.htm>

ORAL HEALTH & OVERALL HEALTH:

Oral health: A window to your overall health

What conditions can be linked to oral health?

Your oral health might contribute to various diseases and conditions, including:

- **Endocarditis.** This infection of the inner lining of your heart chambers or valves (endocardium) typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to certain areas in your heart.
- **Cardiovascular disease.** Although the connection is not fully understood, some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- **Pregnancy and birth complications.** Periodontitis has been linked to premature birth and low birth weight.

- **Pneumonia.** Certain bacteria in your mouth can be pulled into your lungs, causing pneumonia and other respiratory diseases.

Certain conditions also might affect your oral health, including:

- **Diabetes.** By reducing the body's resistance to infection, diabetes puts your gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes. Research shows that people who have gum disease have a harder time controlling their blood sugar levels. Regular periodontal care can improve diabetes control.
- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.
- **Osteoporosis.** This bone-weakening disease is linked with periodontal bone loss and tooth loss. Certain drugs used to treat osteoporosis carry a small risk of damage to the bones of the jaw.
- **Alzheimer's disease.** Worsening oral health is seen as Alzheimer's disease progresses.

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>

2000 Surgeon General's Report on Oral Health in America

The major message of this Surgeon General's report is that oral health is essential to the general health and well-being of all Americans and can be achieved by all Americans. However, not all Americans are achieving the same degree of oral health.

<https://www.nidcr.nih.gov/research/data-statistics/surgeon-general>

Oral Health And Overall Health: Why A Healthy Mouth Is Good For Your Body

Your mouth is a window into what's going on in the rest of your body, often serving as a helpful vantage point for detecting the early signs and symptoms of systemic disease — a disease that affects or pertains to your entire body, not just one of its parts. Systemic conditions such as AIDS or diabetes, for example, often first become apparent as mouth

lesions or other oral problems. In fact, according to the Academy of General Dentistry, more than 90 percent of all systemic diseases produce oral signs and symptoms.

<https://www.colgateprofessional.com/education/patient-education/topics/systemic/why-a-healthy-mouth-is-good-for-your-body>

The effects of oral health on systemic health

It has been estimated that 75% of baby boomers will enter long-term care facilities with the majority of their natural teeth, and it is well understood that patients with good oral care require fewer healthcare dollar expenditures.⁶ Among the systemic conditions that are impacted, either coincidentally or causally, by oral conditions are atherosclerotic disease, pulmonary disease, diabetes, pregnancy, birth weight, osteoporosis, and kidney disease.

[https://www.agd.org/docs/default-source/self-instruction-\(gendent\)/gendent_nd17_aafp_kane.pdf](https://www.agd.org/docs/default-source/self-instruction-(gendent)/gendent_nd17_aafp_kane.pdf)

Healthy smile, healthy you: The importance of oral health

Other research shows that more than 90% of all systemic diseases (diseases involving many organs or the whole body) have oral manifestations, including swollen gums, mouth ulcers, dry mouth and excessive gum problems. Such diseases include:

- Diabetes
- Leukemia
- Oral cancer
- Pancreatic cancer
- Heart disease
- Kidney disease

Poor oral health can lead to problems

If you don't take care of your teeth and gums, your poor oral hygiene can actually lead to other health problems, including:

- Oral and facial pain. According to the Office of the Surgeon General, this pain may be largely due to infection of the gums that support the teeth and can lead to tooth loss. Gingivitis, an early stage of gum

disease, and advanced gum disease affect more than 75% of the U.S. population.

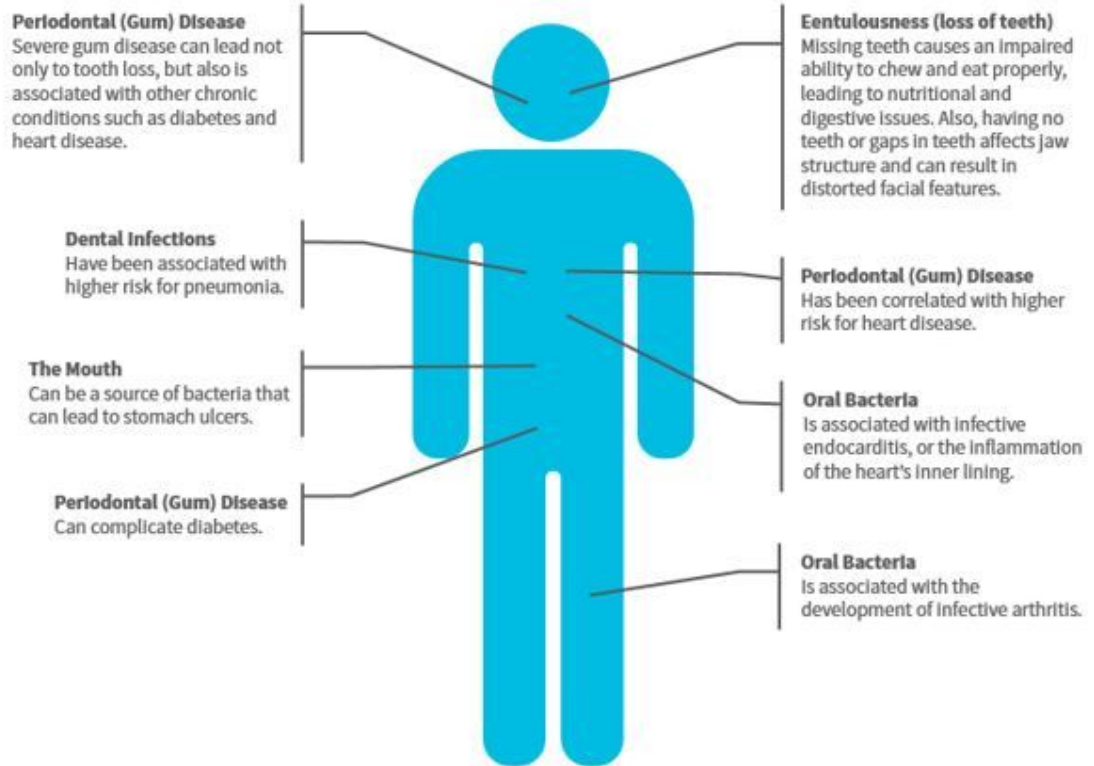
- Problems with the heart and other major organs. Mouth infections can affect major organs. For example, the heart and heart valves can become inflamed by bacterial endocarditis, a condition that affects people with heart disease or anyone with damaged heart tissue.
- Digestion problems. Digestion begins with physical and chemical processes in the mouth, and problems here can lead to intestinal failure, irritable bowel syndrome and other digestive disorders.

https://www.deltadentalins.com/oral_health/dentalhealth.html

The Surprising Connections Between Oral Health and Well Being

In fact your oral health—the health of your teeth and gums—has a major impact on overall health, medical costs, and quality of life. “The significance of the mouth as part of our health is often overlooked and underappreciated,” says Dr. Caswell Evans, Associate Dean for Prevention and Public Health Sciences, UIC College of Dentistry. “Our vision of ourselves, how we are seen by others, and even our employment are influenced by our oral appearance,” says Evans, who has written extensively on the burdens that poor oral health can place on public health.

Oral and Overall Health Are Connected in Many Ways



<https://dentistry.uic.edu/patients/oral-health-well-being>