



World Oral Health Day
20 March 2016

Healthy mouth. Healthy body.

The impact of oral health

Having a healthy mouth goes far beyond having a nice smile. In fact, a number of health conditions have been scientifically linked with gum disease and poor oral health.¹



One study found that **40% OF PEOPLE WITH GUM DISEASE** also reported having a second chronic condition²

CARDIOVASCULAR DISEASE

Gum disease allows a much higher amount of **bacteria and plaque into the bloodstream** than when gums are healthy.

The bacteria which enters our bodies contains a clot-promoting protein which is thought to clog our blood vessels and arteries, potentially increasing the risk of stroke and heart disease.³

ALZHEIMER'S DISEASE

The inflammatory substances released by gum infection have been **linked to the inflammation in the brain** that could be responsible for **Alzheimer's Disease.**⁴

PNEUMONIA

Oral infections can be associated with an **increased risk of pneumonia.**¹

DIABETES

Gum disease can be associated with diabetes and may increase the **risk for diabetic complications.**¹

PANCREATIC / KIDNEY CANCER

Periodontal disease may be associated with **gastrointestinal and pancreatic cancers.**¹

FERTILITY PROBLEMS

Gum disease has been linked with an **increased risk of preterm and low-weight babies.**¹

IT'S NEVER TOO EARLY OR TOO LATE TO START LOOKING AFTER YOUR ORAL HEALTH.

Just like other major diseases, prevention, early detection and treatment are key factors to help fight oral disease and associated health complications.

Maintain good oral health habits of **brushing teeth for two minutes twice daily**, and introduce complementary oral hygiene measures such as **flossing, rinsing and chewing sugarfree gum.**

If you have not been to the dentist for your regular check-up or have not been in several years – make an appointment now! A visit to the dentist can contribute to a lifetime of good overall health and well-being.

WORLD ORAL HEALTH DAY IS CELEBRATED EVERY YEAR ON 20 MARCH.

It is an international day to celebrate the benefits of a healthy mouth and to promote worldwide awareness of the importance of oral hygiene.

World Oral Health Day 2016 aims to get everyone to recognise the impact their oral health has on their overall physical health and well-being.



World Oral Health Day
20 March 2016



Organised by

wohd.org



In partnership with

Ref 1: The FDI Oral Health Atlas. April 2015. Available from: http://www.fdiworldental.org/media/77552/complete_oh_atlas.pdf [Last accessed: December 2015]

Ref 2: Bensley, L, VanEwyk, J and Osslander, E.M. Associations of self-reported periodontal disease with metabolic syndrome and number of self-reported chronic conditions. May 2010. Available from: http://www.cdc.gov/pcd/issues/2011/may/10_0087.htm [Last accessed: December 2015]

Ref 3: Van Dyke, TE., Starr, JR. Unraveling the link between Periodontitis and Cardiovascular Disease. December 2013. Available from: <http://jaha.ahajournals.org/content/2/6/e000657.short> [Last accessed: December 2015]

Ref 4: Poole, S, Singhrao SK, et al. Determining the presence of periodontopathic virulence factors in short-term post-mortem Alzheimer's disease brain tissue. April 2013. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/23666172> [Last accessed: December 2015]