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HELPING YOU
BRUSH UP
ON DENTAL
WELLBEING

New research points to the link between dental health and general health

Dental health is often thought to be of secondary importance to our general health but with over 300 diseases detectable in the mouth, doctors attending a recent conference* were at a loss to understand just why dentists and doctors don't work together more often.

Health professionals are continually finding links between our oral health and overall wellbeing. In fact, systemic diseases which affect the whole body sometimes show signs in the mouth which can be detected by dentists. So with the new year already upon us, should raising the importance of oral healthcare be on the top of our list of resolutions?

KEY FACTS:

- 1 Poor dental health has been linked to diabetes, heart disease and strokes
- 2 Diseases like gum disease are largely preventable when diagnosed early
- 3 Early detection of mouth cancer increases survival rates from 50% to 90%**



Almost everyone will suffer from gum disease at one time or another in their lives but this is almost totally preventable by simply looking after your mouth properly. A good oral healthcare routine can easily prevent gum disease from developing into something more severe and chronic. There is even evidence to show that good oral health can reduce the risk of heart disease, strokes, diabetes and low birth weight babies.

The suggestion is simple: by improving our oral health, we can have a positive effect on systemic diseases.

“The mouth is the window of the body”



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*The impact of Oral Disease on Systemic Health. What is the evidence and how big is the problem? 9th September 2008
**The World Oral Health Report 2003. Continuous improvement of oral health in the 21st century – the approach of the WHO Global Oral Health Programme. Poul Erik Petersen.