



The mouth is the **gateway** to the body.



The mouth can reveal early signs of systemic diseases, making **regular dental check-ups** important for overall health.



The oral-systemic link focuses on **detecting, preventing, and treating** conditions and illnesses.

ORAL HEALTH CAN IMPACT YOUR OVERALL HEALTH

- Cancer
- Obesity
- Stroke
- Heart Disease
- Diabetes
- Arthritis
- Dementia
- Respiratory Disease
- Alzheimers
- Osteoporosis
- Preterm & Low Birth Weight

**Your mouth “talks”
to your body**



**and your body “talks”
to your mouth!**

**Gum disease increases
the risk of head and
neck cancer.**

*-American Academy for Oral
Systemic Health (AAOSH)*

**Tooth loss & gum
disease increase the
risk of Alzheimer's
disease.**

-Mayo Clinic

**Cavities are caused by
a germ that spreads
while kissing and
sharing food**

-AAOSH

**Bacteria in your mouth
travel to other parts of your
body in your bloodstream.**

-AAOSH

**Diabetes and bleeding
gums increases your
risk of premature
death by 400-700%**

-AAOSH

**Pregnant women with gum
disease have **only a 1 in 7**
chance of giving birth to a
healthy child of normal size.**

-AAOSH

**People with gum disease are
twice as likely to die from
heart disease and three times
as likely to die from stroke.**

-Mayo Clinic

**Gum disease
increases
pancreatic & kidney
cancer risk by 62%.**

-Harvard

**Bacteria that live in your
mouth can cause heart
disease, high blood
pressure and stroke.**

-Harvard

**93% of people with
gum disease are at
risk for diabetes.**

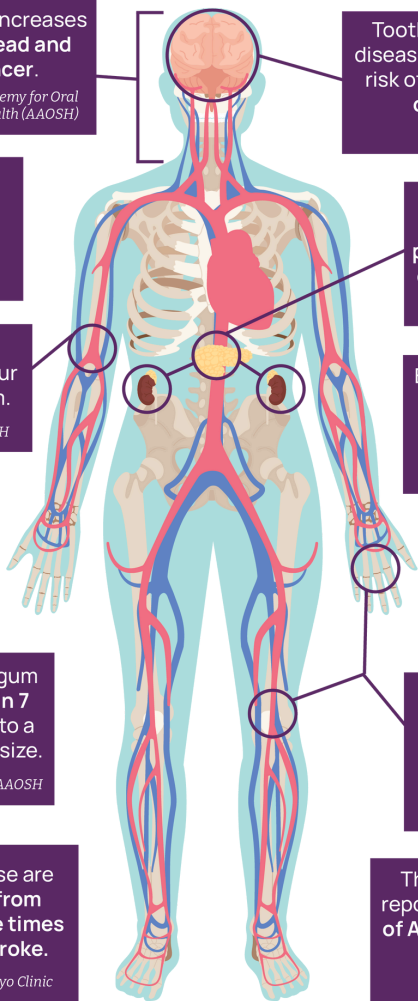
-AAOSH

**Research has found an
association between
gum disease and
rheumatoid arthritis.**

*-American Academy of
Family Physicians*

**The Surgeon General
reports that at least **80%**
of American adults have
gum disease.**

-AAOSH



Office of Oral Health

phone: 505-827-0837 | fax: 505-827-2329

1190 S. St Francis Dr., Santa Fe, NM 87505 | nmhealth.org

