

Your Health by Mouth Newsletter



October 2018 Ladner Dental Clinic

What Science Says About You and Your Health

Did you know? How healthy you keep your gums affects your whole body?

Do you want a life free of health complications? Ask us how we can help you!



Many of us are unaware of the impact of poor gum health on our bodies.

Well here are some new facts for you to chew on from the world of science.

Did you know that:

1. Recent evidence suggests that gum disease contributes to more heart disease, heart attacks, and to more strokes in susceptible people?
2. Gum disease may even be the risk factor for heart disease to start. The bacteria and its burden of chronic inflammation can impact the whole body.
3. The presence of gum disease could likely result in adverse pregnancy outcomes. Preterm births are a major concern since the baby's brain doubles in size

in the last 6 weeks of development. Routine gum therapy reduces the risk for preterm birth.

4. Gum disease is often more severe in the poorly controlled diabetic? Having gum disease may influence how severe the disease presents itself in the whole body. Thankfully, evidence also suggests that routine gum therapy improves glycemic control which keeps diabetic damage in remission.

5. Tobacco smoking increases the level of gum disease with a detrimental impact on the whole body.



Ask us how we can help you win this race.

Join us in the quest for optimal health.

Cheers from your

Partners in Health for Life,

Your Team at Ladner Dental Clinic