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## GUM DISEASE & GENERAL HEALTH

It has been known for a long time that a patients' general health can affect gum disease. Detrimental factors may include tobacco use, pregnancy, stress, medications, tooth grinding, diabetes, poor nutrition and immune deficiency diseases.

New research has also indicated that gum disease can be linked to heart disease, respiratory disease, osteoporosis, diabetes, pre-term and low birth-weight babies.

Periodontal disease is a bacterial infection and periodontal bacteria can enter the blood stream and travel to other sites to begin new infections.

### **HEART DISEASE**

Recent studies suggest that people with periodontal disease have nearly twice the risk of having a fatal heart attack as those without periodontal disease.

### **STROKE**

Patient's with severe gum disease were twice as likely to have suffered a severe stroke.

### **PNEUMONIA**

New research has indicated that people with periodontal disease may be at increased risk for respiratory disease.

### **DIABETES**

Recent research has suggested that periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

### **ULCERS**

Stomach ulcers may be caused by mouth bacteria.

### **PREGNANCY**

Periodontal disease may be associated with a higher risk of having a premature low birth-weight baby.

***More research is needed to confirm these findings.***

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