

Gum Disease Can Kill More Than Your Smile

Bacteria that builds up between the tooth and gum can enter into the bloodstream. These bacteria can then travel throughout the body and cause serious health problems.

HEART DISEASE

Bacteria from the mouth can get into the bloodstream when the gums are inflamed. There, they can get mixed up with blood-clotting cells called platelets. These clumps of cells and bacteria can lodge inside the walls of the blood vessels, causing *heart-stopping* clots to form. These clots lead to heart disease. **Keeping your gums healthy can reduce your risk of a heart attack.**

STROKE

A new study of fatty deposits lodged in the carotid arteries of stroke sufferers shows that, if the gums are inflamed, up to 40% of the bacteria that cause the deposits comes from the mouth!

ULCERS (stomach)

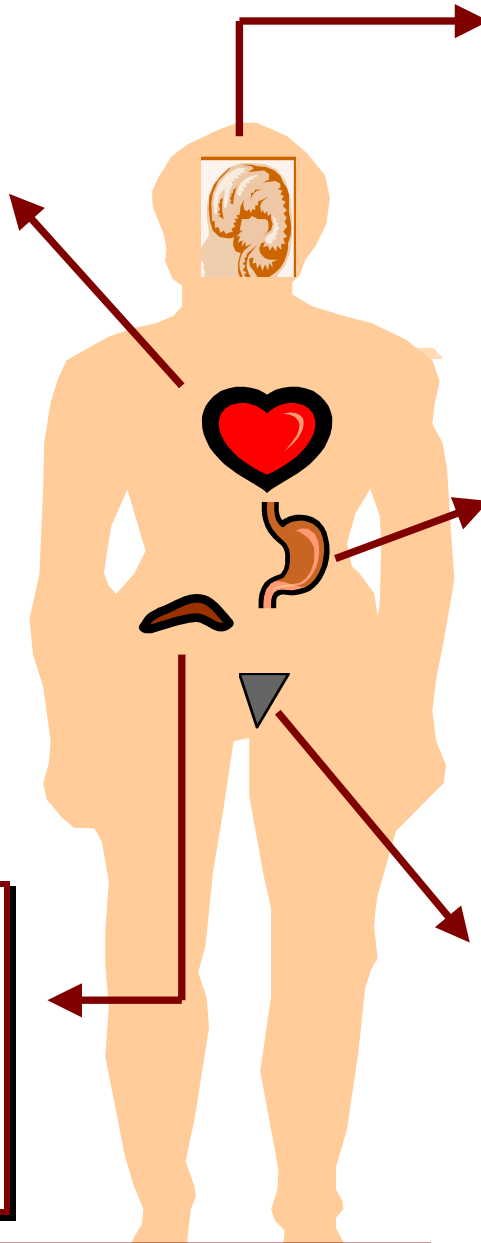
The bacteria that collect in your mouth, when gum disease is present, are the same bacteria that cause gastric ulcers. If the bacterial count in the mouth is high these bacteria continuously travel to the stomach, causing reinfection and a return of ulcers.

DIABETES (pancreas)

The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can *directly* improve diabetic control.

PRE-TERM BIRTHS

Women with gum disease are seven to eight times more likely to give birth prematurely to low birth weight infants. Researchers believe that low grade gum inflammation causes the body to release inflammatory chemicals which are linked to pre-term birth.



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