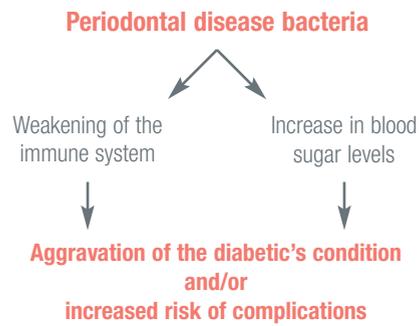


Periodontal disease and diabetes

More than 600,000 Québécois, or 8% of the population, have diabetes. The association between diabetes and periodontal disease is bidirectional and well documented. Because their ability to fight infection is compromised, diabetics are more at risk of developing periodontal disease and three times more likely that it will be severe. Periodontal disease also seems to make stabilization of blood sugar level more difficult.



Periodontal disease and pregnancy

The hormonal changes associated with pregnancy can affect the gums, and the presence of plaque can worsen the situation. Swelling, redness, tenderness and spontaneous bleeding may occur. With good daily oral hygiene and proper care, the gums will return to normal after giving birth. However, many studies have shown that the toxins produced during periodontal disease increase the risk of having a premature or low birth weight baby.



These infants would have a lower resistance to infection and often would show anomalies at birth or during development. Pregnant women with periodontal disease have a seven times greater risk of having a premature or low birth weight baby.

Periodontal disease and pancreatic cancer

Recent research suggests that periodontal disease increases the risk of pancreatic cancer. This important discovery sheds new light on the mechanisms of this very serious cancer, which is difficult to treat and whose causes are still poorly understood.

According to some estimates, almost 75% of adults may suffer from some degree of periodontal disease. Early screening is essential and, with proper oral care, the disease's effects can be controlled or minimized. A thorough oral examination can detect signs of a nutrient deficiency, or signs of one of a number of general disease conditions while they are treatable. Controlling periodontal disease can preserve the teeth as well as help prevent the progression or complications associated with other diseases.

It is necessary to remember that the WHO ranked oral health as a key determinant of quality of life and both an essential component of general health and important in its own right.



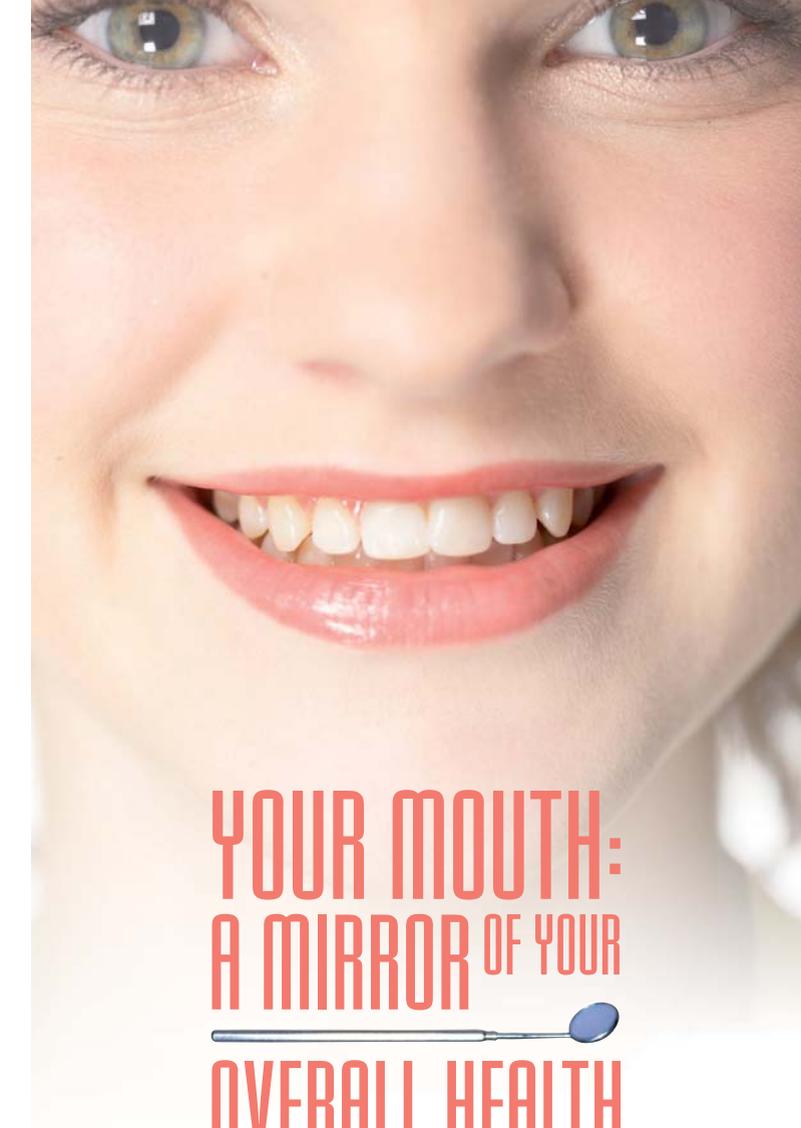
Ask the advice of your dental hygienist.

Dental hygienists are health professionals who play a key role in educating the public and ensuring they acquire, verify and maintain good oral health.

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**YOUR MOUTH:
A MIRROR OF YOUR
OVERALL HEALTH**

**Don't neglect your oral health.
Take care of your mouth,
your body will thank you for it.**



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Good oral health is essential to your general health. Studies have shown a link between dental illness and many health conditions such as diabetes and cardiovascular and respiratory diseases.

In its 2003 report on oral health around the world, the WHO ranked oral health as a key determinant of quality of life and both an essential component of general health and important in its own right.

“Oral health means more than good teeth: it is integral to general health and essential for well being.”

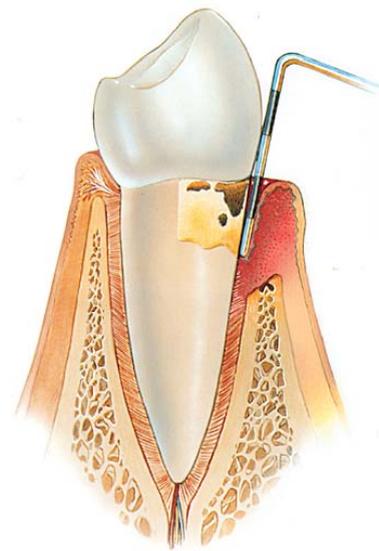
The link between oral health and general health has now been established scientifically. Many general disease conditions have oral manifestations that increase the risk of oral diseases and, conversely, oral diseases are a risk factor for a number of general disease conditions.

In recent years, studies have shown a link between periodontal disease and cardiovascular disease, respiratory infection, diabetes, premature birth and low birth weight babies and, more recently, pancreatic cancer.

What is periodontal disease?

Periodontal disease is characterized by the destruction of support tissue around one or more teeth. This disease is mainly caused by the build-up of plaque and tartar at the gum line. In the early stages, periodontal disease is often not painful and is difficult to detect on your own. Early screening and treatment are needed to prevent the inflammation from spreading from the gums (gingivitis) to the support structures of the teeth (periodontitis). Periodontal disease is chronic and transmissible, and can lead, if untreated, to bone resorption and eventually even tooth loss.

The early signs of periodontal disease are:

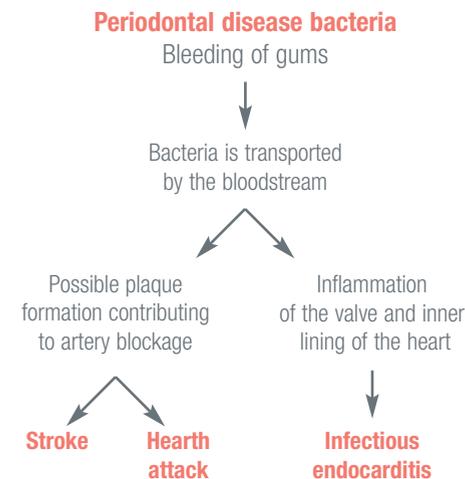


- Red, swollen or tender gums
- Bleeding while brushing or flossing
- Receding gums
- Persistent bad breath
- Teeth displacement or change in bite alignment



Periodontal disease and cardiovascular disease

Research shows that the bacteria present during periodontal disease can migrate via the bloodstream and play a role in heart disease and stroke. People with periodontal disease double their risk of having a fatal heart attack.



Based on the current state of research, the link between periodontal disease and cardiovascular disease is classified as weak to moderate. The Heart and Stroke Foundation therefore recommends practicing good oral hygiene and ensuring any oral infection is treated promptly. These measures will improve oral health and reduce the risks of heart attack and stroke.

Periodontal disease and respiratory infection

The infectious agents that cause respiratory infections are found in greater concentrations in people with periodontal disease. Pneumonia and chronic bronchitis, for example, may worsen with periodontal disease. The elderly and people with an immune deficiency are especially vulnerable. The link between periodontal disease and respiratory infection has been shown scientifically.

