

MOUTH HEALTH MATTERS!

— exploring oral - systemic health —

ORAL BIOFILM

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Nearly half of American adults have periodontitis, the most severe form of periodontal disease.¹

Particularly contagious pathogens play a role in the progression of:

- ✓ Heart attacks
- ✓ Colorectal cancer
- ✓ Alzheimer's disease



- ✓ Diabetes
- ✓ Respiratory disease
- ✓ Adverse pregnancy outcomes²



Psychological stress increases oral biofilm growth.³



One cubic millimeter of dental plaque contains about **100 million bacteria**.⁴

Oral inflammation **caused by pathogens** induces a systemic increase in inflammatory markers.⁵



Oral bacteria can be transmitted by kissing.⁶



80% of American adults over 35 have some form of periodontal disease.⁷

700

species of bacteria can live in your mouth.

11

11 pathogens linked to oral & systemic disease.⁸

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