

# THE ORAL-SYSTEMIC FACTS ARE

At least 80% of American adults have gum inflammation/disease

Increased trigeminal nerve traffic from TMJ and bad dental bite can create central sensitization and migraines

Gum disease is linked with blood vessel disease, heart attacks and strokes

Poor ventilation during sleep triggers nighttime clenching & bracing to maintain the airway

Gum disease and tooth loss increases risk of Alzheimer's disease

Bad bites and poor oral-facial development increases risk for sleep apnea

If you have diabetes and bleeding gums, your risk of premature death increases by 400 to 700 percent

Cavities are caused by acid-loving bacteria spread during kissing and sharing food

Gum disease increases risk for head and neck cancer, as well as pancreatic and kidney cancer

Oral bacteria can be found in brain tissue, heart vessels, joints, and many other parts of your body



Your mouth talks  
to your body

And your body  
talks to your mouth

What Happens In Your Mouth Does **NOT** Stay in Your Mouth!