

Want Some Life-Saving Advice? Ask Your Dental Hygienist.

The recent *Surgeon General's Report on Oral Health* confirms the importance of oral health to total health.



Premature, Low-Birthweight Babies – Studies have found that expectant mothers with periodontal (gum) disease are seven times more likely to deliver premature, low-birthweight babies than women who don't have the disease.

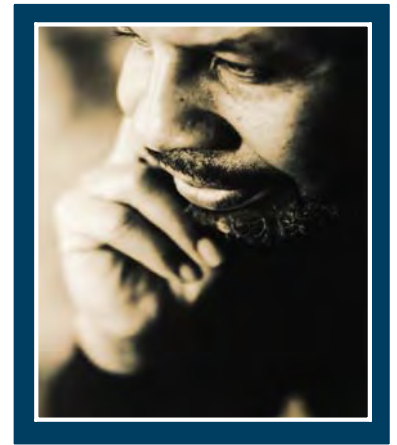


Heart Disease – Cardiovascular disease affects 57 million people in the U.S. and kills almost a million people each year. Recent studies have shown that a patient with periodontal (gum) disease is twice as likely to develop heart disease as one without the condition.



Oral Cancer – Oral cancer is more common than leukemia; skin melanoma; Hodgkin's disease; and cancers of the brain, liver, bone, thyroid gland, stomach, ovaries, and cervix; and is typically caused by long-term use of tobacco products and alcohol. One of the most important parts of a regular oral health exam is a thorough oral cancer screening.

Diabetes – Periodontal disease is one of the major complications of diabetes. In fact, approximately 95 percent of Americans who suffer from diabetes also have periodontal disease.



October is National Dental Hygiene Month - a great time to visit your registered dental hygienist for a thorough mouth exam and to learn more about how oral conditions affect your overall health.

This poster is brought to you by the American Dental Hygienists' Association and made possible through an educational grant from

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