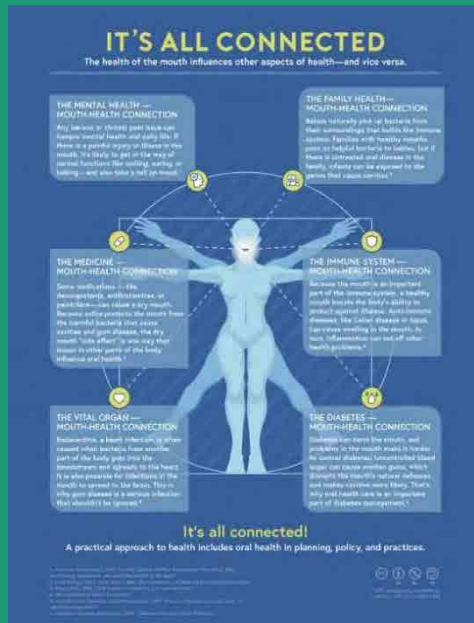


Why Oral Health Matters

Putting the Mouth Back in the Body



New Hampshire Oral Health Coalition

#Why Oral Health Matters: Today's process



Oral Health 101
and a little
history

Oral Health and
Overall Health

What can you
do?

Why #Oral Health Matters?

- It's not just teeth!
- Mouth, tissue, bone, teeth

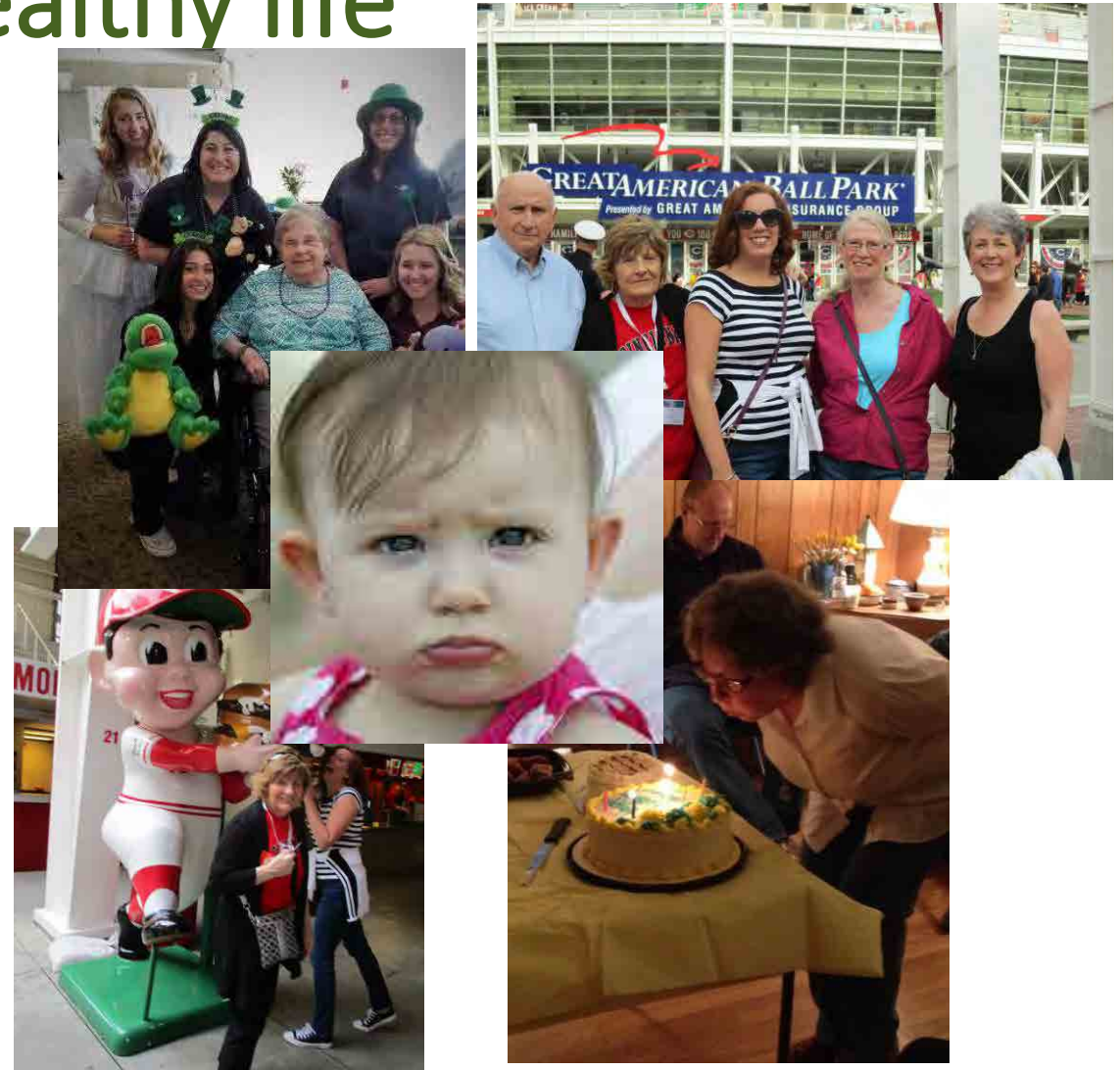


Oral health is key to a healthy life

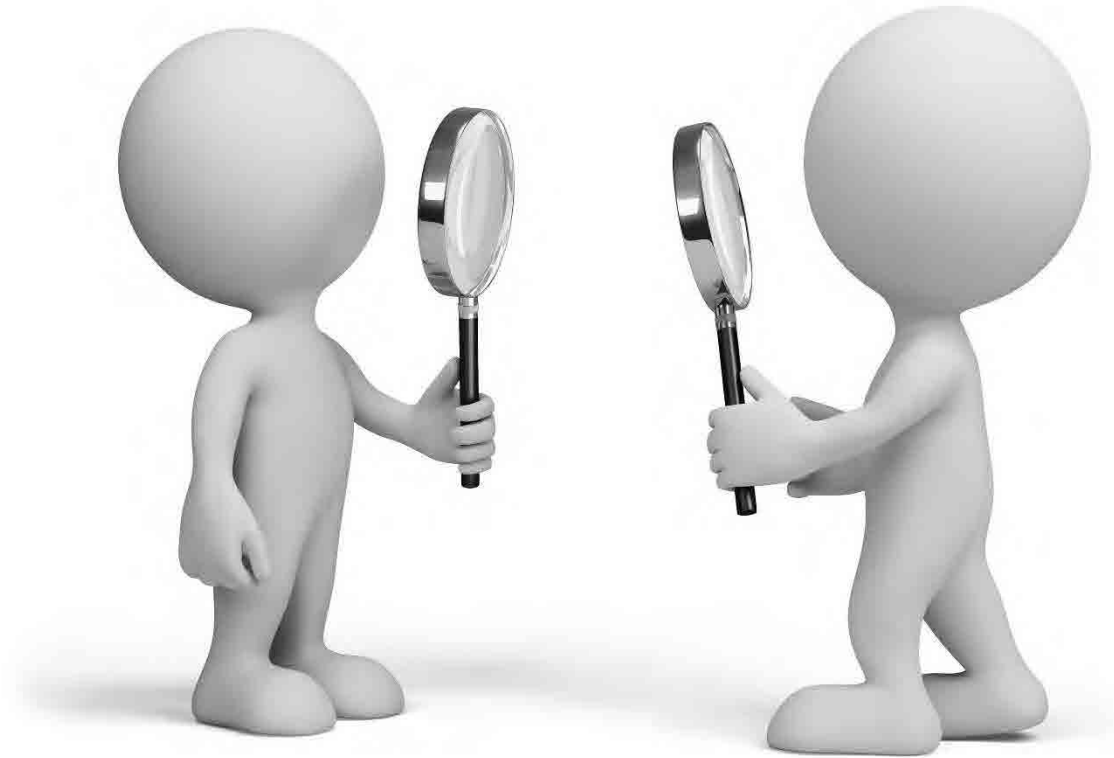
Good oral health gives you the ability to be healthy and functional

- Eat
- Speak
- Smile
- Learn, play and work!

“Live, laugh, love across the lifespan”



“Good oral health makes a difference in how people see you and how you see yourself.”



What do you think when you see this woman?



Happy?

Healthy?

Employed?

What job?

- Doctor?
- Supervisor?
- Receptionist?
- Waitress?
- Other?

What do you think now?



Demi Moore – actress and
celebrity

Brian Maixner is a waiter at the Doo-Dah Diner in Wichita, Kansas



History: How did my mouth get out of my head?

- In America, we *treat the mouth as separate* from the rest of the body
- Medical and dental have separate education, service networks, health records, payment systems, etc.
- Dental is not considered a medical specialty; it is treated as a separate profession
- *Yet dental disease is systemically associated with overall health and left untreated it can advance to life-threatening*
- Early dentists were barber surgeons using surgical and mechanical techniques to address dental issues
- In 1840, the first dental college was established in Baltimore by 2 self-trained dentists
- They approached physicians at the U of Maryland to add dental instruction to the medical training based on dentistry being more than a mechanical challenge that needed a field of study, licensure, and peer review – **NO**



- **“Historic Rebuff”**
- The medical system is a network of providers, hospitals, specialists, ambulances and components while dentistry remains a cottage industry of unconnected private offices. Slowly changing.
- Impact: patient care is *fragmented*, and dental care is often considered *“optional”*, poor oral health is *often stigmatized* while we hold a social value of *“straight, white”* teeth.

2 Most Common Types of Dental Disease

Decay

- Cavities
- Caries
- “Rotten Teeth”
- “Soft Teeth”



Periodontal Disease

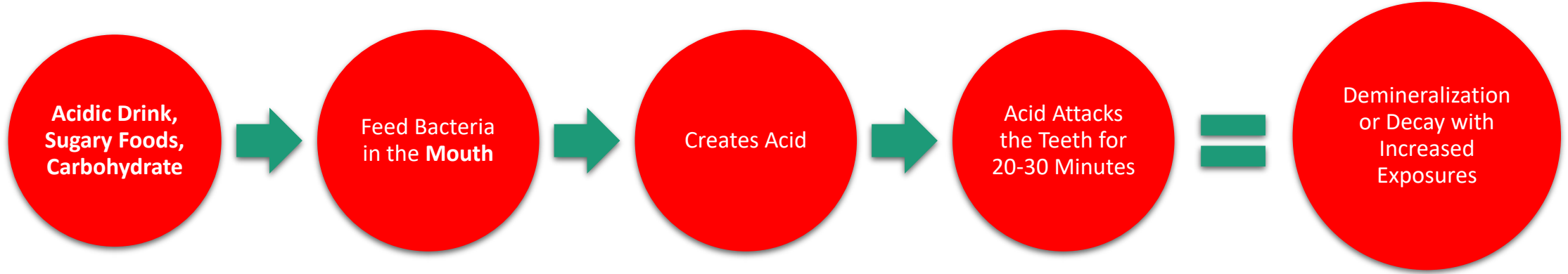
- Gingivitis
- Periodontitis
- Bleeding Gums
- Puffy Gums
- **Gum Disease**
- Inflammation
- Gum Infection

What causes cavities?

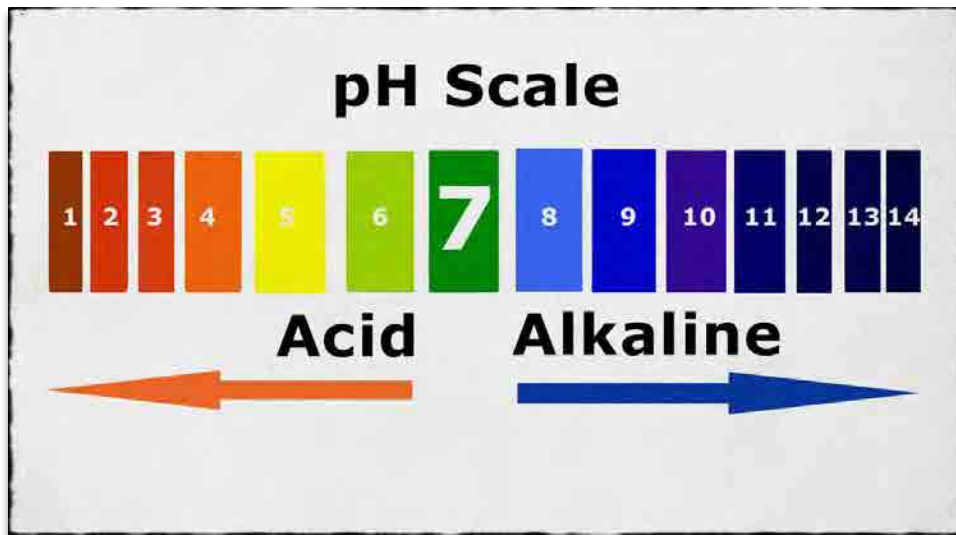
- Caused by bacteria – streptococcus mutans
- Bacteria feeds on sugar, then produces acid
- Destroys the structure of the tooth
- Yes, you can transfer it to others



Acid Decay Cycle: *A Snack Attack*



The Acid Level of Common Drink Choices (pH)



Any Number **Below 5.5 pH Attacks** the Enamel for 20-30 minutes from Each Sip

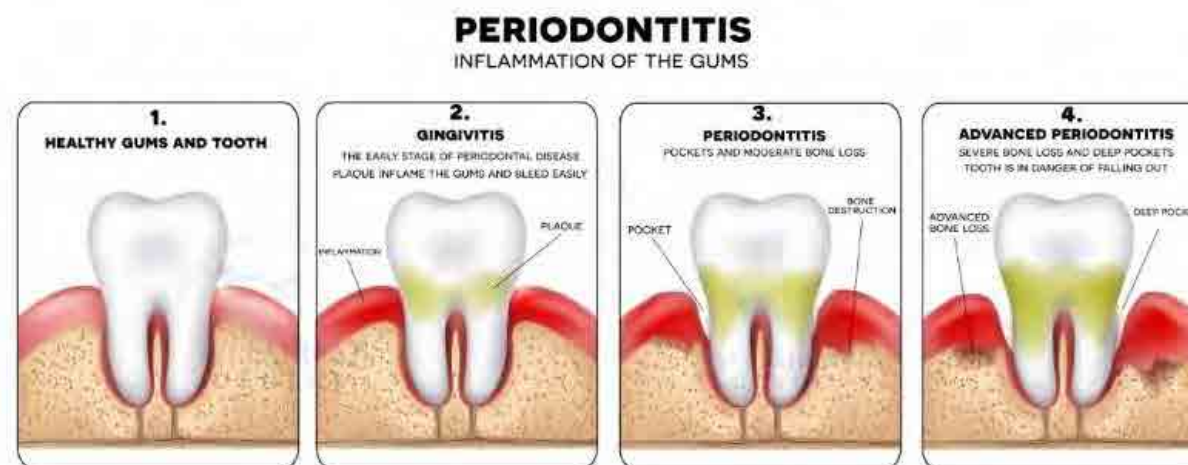
Cow's milk pH is about 6.7 to 6.9.

Drink	pH Level
Arizona Iced Tea	2.85
Barq's Root Beer	4.11
Coca-Cola Classic	2.37
Coca-Cola Diet	3.1
Country Time Lemonade	2.72
Gatorade Lemon-Lime	2.97
Monster Energy	3.48
Pepsi	2.39
Pepsi Diet	3.02
Redbull Regular	3.43
Snapple Kiwi Strawberry	2.77
Sprite	3.24
Sunkist Orange	2.98
Tropicana 100% Orange Juice	3.8
Vitamin Water Power C Dragonfruit	3.05
Vitamin Water Zero Go-Go Mixed Berry	3.08
Welch's Apple Juice	3.57
Aquafina	6.11
Dasani	5.03

How do I know if I have periodontal disease?

Periodontal (gum, tissue and bone)

- 30%-50% of American adults have at least mild to moderate gum disease
- Inflammation
- Develop pockets
- Deep infection
- Bone destruction



Impact of Dental Disease

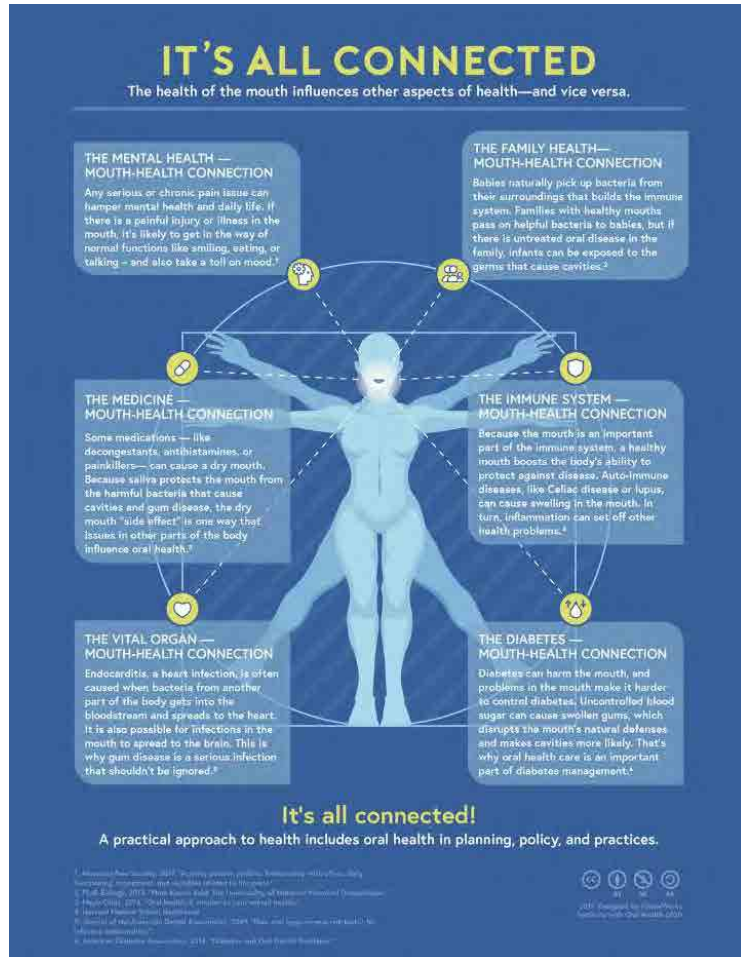
Medical - Dental Condition

- Infection, decayed teeth, bone loss
- Gum disease with inflammation and bleeding
- Bacterial, fungal and viral infections in the mouth and head
- Pain and pain management needs
- Impact on full body health and systems

Impaired Function

- Broken, decayed teeth that result in difficulty biting, chewing and digesting
- Difficulty speaking and communicating clearly
- Difficulty concentrating and focusing due to pain or pain medication. Risk of addiction and recover

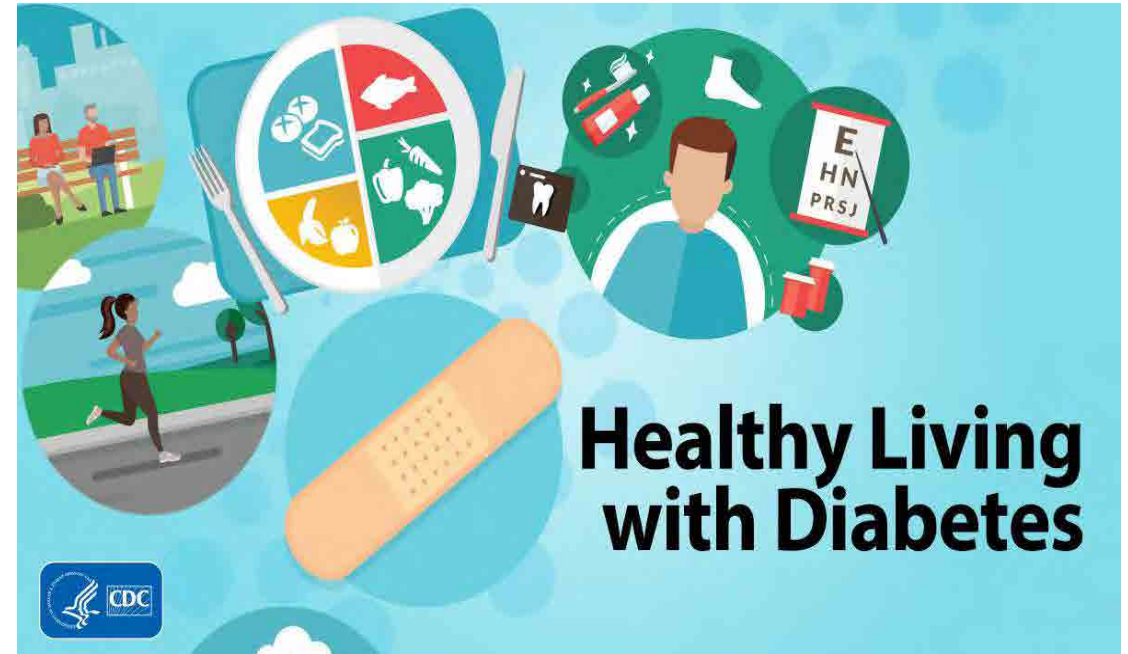
Oral Health and Overall Health Associations



- Diabetes*
- Heart disease/cardiovascular*
- Osteoporosis
- Rheumatoid Arthritis*
- Inflammatory disease
- Sepsis - infection
- Chronic pain leading to substance use disorders and recovery relapse
- Depression
- Aspiration pneumonia/respiratory illness*
- Oral cancers/cancer*
- Dry mouth
- Nutritional issues
- Speech difficulties
- Poor self-image

Diabetes

- Poor oral health is a double-edged sword for diabetics because (1) diabetes makes an individual more susceptible to serious gum disease and infection, while (2) periodontitis can negatively affect blood glucose control
- Diabetics have a decreased ability to fight infections that invade their gums
- Standard surgical and nonsurgical procedures for gum disease can reduce long-term blood glucose levels
- Even modest reductions in blood glucose levels can have substantial benefits in reducing other complications including microvascular effects on the eyes, kidneys and nerves



Source: Oral Health is Key to Overall Health – Chalmers, Novy, and Boynes. DentaQuest Institute

Cardiovascular and Heart Disease

- Individuals who brush frequently are at less risk of cardiovascular disease than those who brush less
- Less frequent tooth brushing is associated with a higher concentration of the C-reactive protein that is a marker for inflammation and that rises with infection
- Individuals with poor oral hygiene habits were more likely to have hypertension (HBP)
- Frequent tooth brushing accompanies a decreased prevalence of HBP – concluded that good oral health habits including daily brushing and flossing could help control or prevent high blood pressure

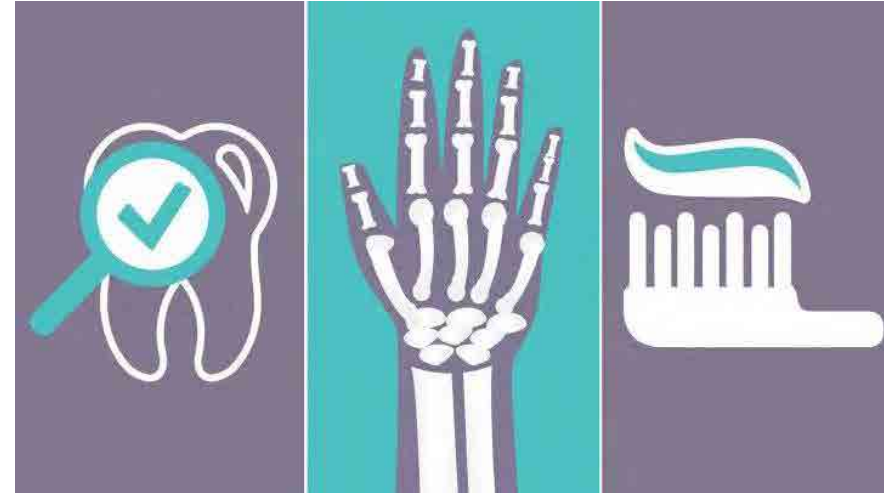
Source: Oral Health is Key to Overall Health – Chalmers, Novy, and Boynes. DentaQuest Institute



Rheumatoid Arthritis (RA)

- Tooth loss, a sign of periodontal disease, may predict the likelihood of developing rheumatoid arthritis resulting in pain, swelling and stiffness of joints
- There is a correlation between the number of teeth lost and the risk of RA
- Individuals with RA are 8 times more likely to have periodontal disease
- Research suggests that poor oral health in RA patients may be due (1) to systemic inflammation and (2) to the difficulty doing good mouth care with painful, stiff joints

Source: Oral Health is Key to Overall Health – Chalmers, Novy, and Boynes. DentaQuest Institute



Respiratory Disease, Pneumonia, and Chronic Obstructive Pulmonary Disease (COPD)

- Bacteria in the mouth can travel to the lungs and cause respiratory diseases such as pneumonia and COPD
- This is especially true in individuals with gum disease
- Individuals with pneumonia and COPD have worse gum disease than their healthy peers
- Individuals with bacteria associated with gum disease increase the risk of developing or worsening respiratory infections
- Respiratory infections are among the leading causes of death in the US
- 10% of deaths of pneumonia in elderly nursing home patients could be prevented by improving oral hygiene.

Source: Oral Health is Key to Overall Health – Chalmers, Novy, and Boynes. DentaQuest Institute



Cancer and Oral Cancer

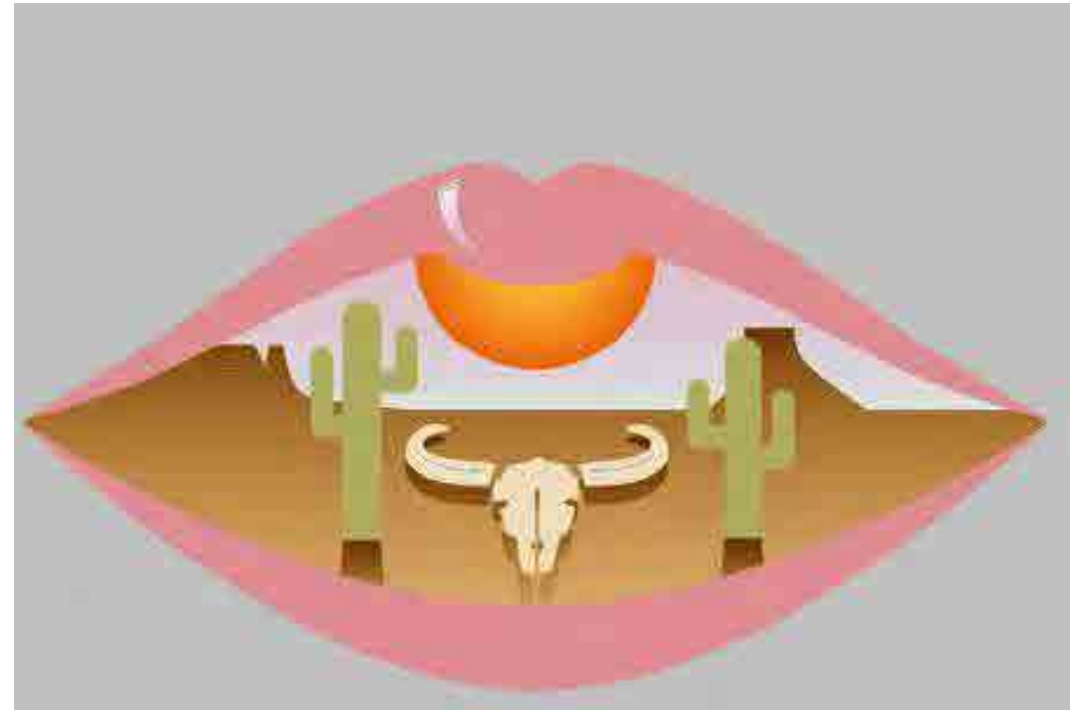
- Every year 50,000 Americans are diagnosed with oral or throat cancer and more than 8,600 die
- Individuals with swollen gums and missing teeth are more likely to be infected with the HPV virus that causes both oral and throat cancer
- Chronic gum disease may increase the risk of developing head and neck cancers
- Each millimeter of tooth loss due to gum disease was associated with more than 4 times the risk of head and neck cancers after accounting for other risk factors such as smoking
- Strongest links between gum disease and cancer are in oral cancer followed by cancer at the back of the mouth and the throat

Source: Oral Health is Key to Overall Health – Chalmers, Novy, and Boynes. DentaQuest Institute



Dry Mouth - Xerostomia

- Does not sound serious
- A reduction in the production and flow of saliva
- Role of saliva is to rinse and cleanse the oral cavity/teeth, initiate the digestion of food, and aid mechanically in swallowing
- Many causes including medications, radiation, and some diseases/conditions, mouth breathing
- Has some antimicrobial factors
- Plaque and decay thrive in that dry, unhealthy, unprotected environ



“If you’re not managing dental disease, you aren’t managing your health care...or its cost.”



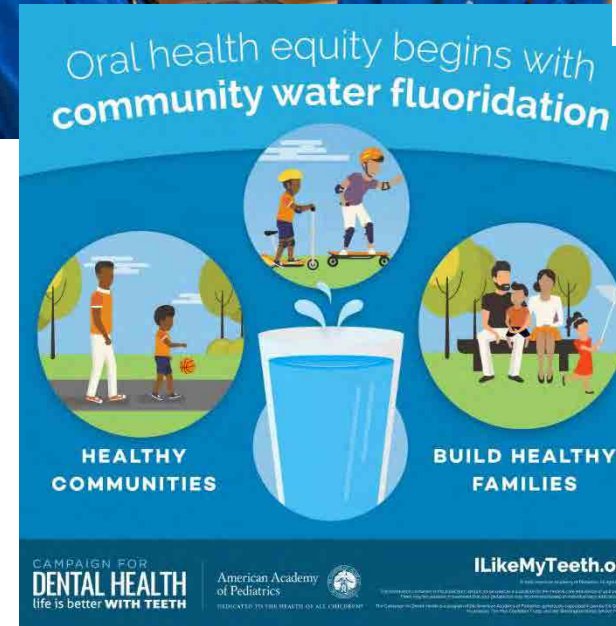
How can I manage MY oral health?

- Eat healthy, fresh and nutritious foods
- Avoid sugary drinks, snacks and carbohydrates that stick to your teeth such as crackers, cookies, gummy snacks and fruit leathers
- When you snack, rinse with water or brush your teeth
- Brush and floss daily
- Include fluoride in your toothpaste, water, and mouth rinses
- Use a dry mouth rinse or spray if you need



And...

- See a dental professional for regular preventive care, cleanings and repairs
- Talk with your medical provider about your oral health
- Advocate for fluoride in your community
- Be an oral health ambassador – tell others about the link between oral health and overall health!
- **Use your insurance dental benefit!**



How to Contact Us

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