



## Oral Health & Systemic Disease: The Hidden Connection

Poor oral health doesn't just affect your teeth—it can increase your risk for serious health conditions.

### **67% More Likely to Have Heart Disease**

People without dental insurance and care are 67% more likely to suffer from heart disease. This is due to chronic inflammation and bacterial infections associated with gum disease, which can lead to atherosclerosis, heart attacks, and strokes. Bacteria from the mouth can enter the bloodstream and harm the heart.

*Sources: American Heart Association, Mayo Clinic, Journal of Clinical Periodontology*

### **50% More Likely to Have Osteoporosis**

Lack of dental care contributes to osteoporosis by weakening the jawbone and worsening gum disease. People with poor oral health are 50% more likely to experience bone density issues, which can result in tooth loss and accelerated bone degeneration.

*Sources: National Institute of Dental and Craniofacial Research, National Osteoporosis Foundation*

### **29% More Likely to Have Diabetes**

There is a two-way connection between diabetes and gum disease. Inflammation from gum disease can raise blood sugar levels, while high blood sugar weakens the immune system, making it harder to fight infections like periodontitis. This cycle increases the risk and severity of diabetes.

*Sources: CDC, American Diabetes Association, Journal of Periodontology*