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## **MEDICAL RISKS & PERIODONTAL DISEASE**

### **4 WAYS PERIODONTAL INFECTION CAUSES MEDICAL PROBLEMS**

- 1. BLOOD STREAM - Chewing Injects Infectious Bacteria into Your Blood Stream.**  
Periodontal bacteria in the blood stream increased 4 times (24%) in those who chewed just 50 times.<sup>1</sup>
- 2. BREATHING - Periodontal Bacteria Are Breathed into Your Lungs.**  
Periodontal bacteria can be breathed into the lungs and increase the incidence of lung disease.<sup>2</sup>
- 3. IMMUNE SYSTEM - Periodontal Infection Can Lower Your Immune System.**  
A study has found that health care costs were 21% higher for those patients with severe periodontal disease.<sup>3</sup>
- 4. TRANSMISSION - Periodontal Infection Is Transmitted to Your Spouse & Children.**  
DNA tests show that periodontal infection is transmitted directly from spouse to spouse and parent to child.<sup>4</sup>

### **RESEARCH FINDINGS**

#### **ALZHEIMER'S – DETERMINING FACTOR**

Gum disease early in life, less education, and a history of stroke are more important than genes in determining who develops dementia, concluded a study of 100 dementia patients with healthy identical twins.<sup>5</sup>

#### **BLOOD CANCERS – 30% MORE RISK**

A demographic study of nearly 50,000 men showed that those with periodontal disease had a 30% higher risk of blood cancers, including: leukemia, multiple myeloma and non-Hodgkin lymphoma.<sup>6</sup>

#### **DIABETES – INCREASED SEVERITY**

Periodontal disease affects blood sugar control, lengthens the duration of diabetic symptoms, and speeds the transition from pre-diabetes to diabetes.<sup>7</sup>

#### **DIABETES – 2.8 - 3.4 TIMES MORE RISK**

Diabetic patients are 2.8 to 3.4 times more likely to have periodontal disease.<sup>8</sup>

#### **HEART ATTACK – 2.7 TIMES MORE RISK**

Demographic studies of 1,372 subjects showed those with periodontal disease were 2.7 times more likely to have a heart attack.<sup>9</sup>

#### **HEART DISEASE – 40-72% MORE RISK**

Demographic studies of 10,907 subjects showed a 40% to

#### **LUNG DISEASE – 1.5 TIMES MORE RISK**

In a demographic study of 13,792 individuals, those with periodontal disease had a 1.5 times greater risk of getting chronic obstructive pulmonary disease.<sup>12</sup>

#### **OBESITY – 76% HIGHER IN YOUNG ADULTS**

In a study of 13,665 young adults (18-34) who had periodontal disease, 76% were more likely to be obese.<sup>13</sup>

#### **OSTEOPOROSIS – TREATMENT LINK**

Research has shown that treating osteoporosis can lower the severity of periodontal disease.<sup>14</sup>

#### **PANCREATIC CANCER – 63% MORE RISK**

In a study of 51,529 males, it was found that men with periodontal disease had a 63% to 126% higher risk of pancreatic cancer.<sup>15</sup>

#### **PREMATURE CHILDBIRTH – 79% HIGHER**

Premature low birth-weight childbirth greatly increases complications. Women with untreated periodontal disease have a 79% higher chance of premature childbirth. Treatment gives an 84% reduction in premature births.<sup>16</sup>

#### **STROKE – BACTERIA IN BLOOD CLOTS**

Periodontal bacteria have been found in blood clots and those with periodontal disease have a higher risk of