

7 Serious Diseases Linked to Poor Oral Hygiene

- 1. Periodontal (gum) disease:** This is when gum becomes inflamed, swollen and sensitive. If the disease is left untreated then it is likely to destruct the supporting tissue of your teeth and may lead to tooth loss.
- 2. Heart and Cardiovascular Diseases:** The bacterium that causes gum disease can also develop into a cardiovascular disease, such as heart disease and stroke. Inflammation of the gums will result in bleeding, causing an entry to the bloodstream for bacteria to travel throughout our entire body.
- 3. Pancreatic Cancer:** Dr. Michaud of Harvard's School of Public Health conducted a survey that shows a link between poor oral hygiene and pancreatic cancer. The study found that men with a history of gum disease had 64% increased risk of pancreatic cancer over their gum disease-free counterparts.
- 4. Dementia:** The University of Columbia conducted a study examining patients over the age of 60 and those who had bad oral hygiene scored significantly lower on memory test displaying a greater risk for dementia. The spread of bacteria through cranial nerves through the jaw or bloodstream to the brain links to a contributing plaque build-up that has been linked to Alzheimer's.
- 5. Obstructive Pulmonary Disease:** Bacteria from the mouth has been linked to respiratory infection. A substantial amount of studies document an association between chronic obstructive pulmonary disease (COPD) and poor oral health.
- 6. Pneumonia:** Women and the elderly with pre-existing health conditions, and diabetics have an even higher risk of contracting when combined with poor dental hygiene.
- 7. Rheumatoid Arthritis:** A study published in the Journal of Periodontology uncovered another effect of rheumatoid arthritis: poor dental health. Evidence uncovered by examining patient's plaque accumulation and gingival inflammation showed that rheumatoid arthritis patients were nearly eight times more likely to also have poor dental hygiene.

Mother's Day Special

Wishing you a happy Mother's day to all our Mothers! For a limited time only for all our mothers out there we are offering ZOOM! Teeth whitening for half price at \$800 only.

Products available at Finesse Dental

Air floss & GC Tooth Mousse



Dislike flossing? Floss tears? Difficult accessing the back of the mouth? Now there is an alternative way to clean plaque in between the teeth. Philips sonicare introduces "Air floss", this product is proven to remove 99% of plaque interdentally. It is also easy to use as a mouse-click.



GC Tooth Mousse can help protect the teeth. It aids in the replacement of calcium and phosphate minerals lost during regular acid attacks, usually after eating and drinking.