

New studies amplify the health risks associated with periodontal disease and the benefits of treatment

At the October 2011 American Heart Association scientific sessions in Orlando, two very large studies amplified the increased risk of heart attack and stroke caused by deep periodontal pockets and bleeding as well as pointing out the benefits of having your teeth professionally cleaned to reduce these risks.

In the first study, 7999 patients with periodontal disease in Sweden were evaluated. Those with a higher number of deep pockets had a 53% increased risk of heart attack. Those with the highest incidence of gum bleeding had more than twice the risk of stroke.

In the second study, 102,620 patients in Taiwan were followed for seven years. Those who had their teeth professionally cleaned at least once per year had a 24% lower risk of heart attack and a 13% reduced risk of stroke compared to those who had their teeth cleaned once or less in two years.

These huge studies by physicians may be the tipping point that we now have irrefutable evidence for the connection between periodontal disease and systemic health. In addition to these studies, we have scientific evidence for 21 different conditions listed below that are affected by periodontal infection and the resulting inflammation involving virtually every organ system in the body.

Yours in better health, Drs. Tom McCawley and Nick DeTure

- 1. Heart disease**
- 2. Infectious endocarditis**
- 3. Carotid artery stenosis**
- 4. Stroke**
- 5. Diabetes**
- 6. Rheumatoid arthritis**
- 7. Mouth and throat cancer**
- 8. Pancreatic cancer**
- 9. Colon cancer**
- 10. Kidney infection**
- 11. Lung infection/COPD**
- 12. Low fertility in men**
- 13. Erectile dysfunction**
- 14. Brain abscesses**
- 15. Cognitive dysfunction/Alzheimer's**
- 16. Infectious mononucleosis**
- 17. Pre-term babies**
- 18. Yeast infections**
- 19. Multiple sclerosis**
- 20. Osteoporosis**
- 21. Congestive heart failure in dogs**

