

HENRY SCHEIN®

Total Health™

BEYOND THE MOUTH

*Your Mouth Is a Window
Into the Health
of the Rest of Your Body*



Total Health: Beyond the Mouth

Your mouth is a window into the health of the rest of your body. It can show signs of systemic disease or infection before they are visible elsewhere. We are trained to recognize these signs and administer testing that can identify disease or potential areas of concern. Regular dental visits will not only help you maintain healthy teeth and gums, but may help you prevent serious health conditions and maintain optimal overall well being.

Oral Health Affects Total Health

When gums become infected and inflamed from periodontal disease, bacteria in plaque can spread and grow below the gum line. The bacteria can then enter into the blood stream and travel to major organs and begin new infections. Ongoing research suggests that periodontal disease may be linked to heart disease, osteoporosis, and diabetes.

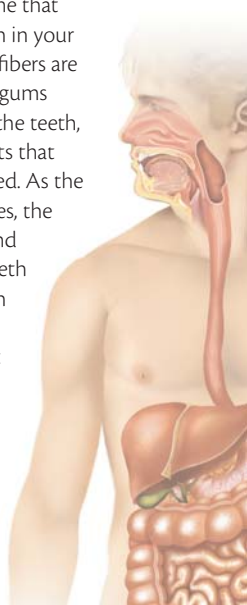
If you show signs of periodontal disease, we may prescribe further testing to rule out associated conditions.

Periodontal Disease

Seventy-eight percent of the adult population has some form of periodontal disease. Periodontal disease is a serious inflammatory condition, caused by a bacterial infection, that

We may recommend saliva testing to determine your genetic risk and current level of periodontal disease.

leads to destruction of the attachment fibers and supporting bone that hold your teeth in your mouth. When fibers are destroyed, the gums separate from the teeth, forming pockets that become infected. As the disease progresses, the pockets deepen and more gum tissue and bone are destroyed. When neglected, teeth can become loose and fall out. Although good oral care can help prevent periodontal disease, research shows that up to 30% of the population may be genetically susceptible to the disease. Despite oral care habits, these people may be six times more likely to develop periodontal disease.



Oral Cancer

Thirty-six thousand new cases of oral cancer are diagnosed each year. Although we perform a visual examination for oral cancer, occasionally there are lesions in the mouth that are not visible to the eye. Between visits to the dentist, perform self-checks and immediately report any sores or lesions that do not heal within 14 days to your dentist. Early detection of oral cancer saves lives.

We may use an oral cancer screening device to check for abnormal tissue or use saliva testing to determine your oral cancer risk level.

Oral Cancer and HPV

If you are sexually active, we may recommend a saliva test to check for HPV. This will help determine your risk level for oral cancer.

HPV is a common, sexually transmitted virus that has infected more than 20 million people in the United States, with approximately 6 million new cases each year. Many do not realize they are infected, since HPV often has no signs or symptoms. At least one

strain of HPV is now linked to the development of oral cancer.

Sleep Disorders



From fifty to seventy million Americans suffer from chronic sleep disorders like habitual snoring and sleep apnea. Although snoring

can be harmless, it can also be a sign of sleep apnea, which occurs when the tongue falls back into the throat during sleep and blocks the airway. People suffering from sleep apnea can stop breathing for 10 to 30 seconds or longer, hundreds of times a night. Untreated, sleep apnea can contribute to excessive daytime sleepiness as well as an increased risk for high blood pressure, heart attack, stroke, diabetes, obesity, and driving accidents.

If you have signs of a sleep disorder, we may recommend an at-home sleep test. We can help you improve your quality of sleep.

Heart Disease

Heart disease is the leading killer of men and women in the United States. Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease. If you have periodontal disease combined with other risk factors for heart disease, we may recommend you seek a medical evaluation. Periodontal disease can also aggravate existing heart conditions, so it is essential to get prompt treatment for periodontal disease.

If you smoke, and are diagnosed with periodontal disease, your risk of developing heart disease is greatly increased. Talk to us today about quitting .

Diabetes

Today we know that diabetes and periodontal disease are closely linked. Treating and managing one can help improve the condition of the other. Although diabetics have a high risk of developing periodontal disease, improving the periodontal condition can help improve management of the diabetes.

If you have periodontal disease combined with other risk factors for diabetes, we may recommend you seek a medical evaluation and receive immediate periodontal treatment.



Ideal Oral Health Care

Daily brushing and flossing will help keep calculus formation to a minimum, but it won't completely prevent it. A professional dental cleaning at least twice a year is necessary to remove calculus from places your toothbrush and floss may have missed. Studies demonstrate that including flossing as part of your oral care routine can actually help reduce the amount of periodontal disease-causing bacteria found in the mouth, therefore contributing to healthy teeth and gums.

Ask us
about a regular
cleaning schedule
designed for
your needs.

Oral Health Care During Pregnancy

Pregnant women are at a higher risk of periodontal disease due to hormone fluctuations. Because periodontal disease in pregnant women has been linked to preterm, low birth-weight babies, it is essential that you maintain optimal oral health care during pregnancy.

If you are
pregnant or
considering becoming
pregnant, ask us about
your periodontal
health so you can
ensure a happy,
healthy pregnancy.



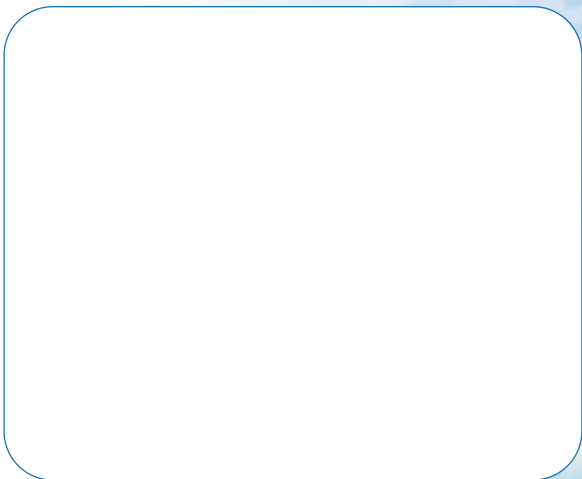
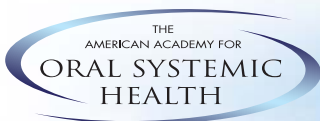


Our dental office is dedicated to your overall health.

Maintaining good oral health may be the best way to stay healthy and prevent disease.

Talk to the Dentist today about any questions or health concerns you may have.

**For more information on
Oral Systemic Health, please visit
www.aaosh.org**



To learn more about how Henry Schein contributes to improving health around the world, visit
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