

# MOUTH HEALTH MATTERS!

— exploring oral - systemic health —

## ORAL BIOFILM

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Nearly half of American adults have periodontitis, the most severe form of periodontal disease.<sup>1</sup>

Particularly contagious pathogens play a role in the progression of:

- ✓ Heart attacks
- ✓ Colorectal cancer
- ✓ Alzheimer's disease



- ✓ Diabetes
- ✓ Respiratory disease
- ✓ Adverse pregnancy outcomes<sup>2</sup>



**Psychological stress**  
increases oral  
biofilm growth.<sup>3</sup>



One cubic millimeter of  
dental plaque contains about  
**100 million bacteria.**<sup>4</sup>

Oral inflammation **caused by pathogens** induces a systemic increase in inflammatory markers.<sup>5</sup>



Oral bacteria can be transmitted by kissing.<sup>6</sup>



80% of American adults over 35 have some form of periodontal disease.<sup>7</sup>

**700**

**species of bacteria can live in your mouth.**

**11**

**11 pathogens linked to oral & systemic disease.<sup>8</sup>**

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