

Oral Health Fact Sheet

The first ever **Surgeon General's Report on Oral Health** (SGROH) published in the summer of 2000 pointed out the significant and highly prevalent oral health disparities that exist in the United States. The burden of oral disease is disproportionately borne by the poor, racial, and ethnic minorities, and women. The report also noted the relationships between oral disease and systemic disease that medical researchers have recently identified and published in the literature. To view the details of the SGROH on-line, click on:

<http://www.nidcr.nih.gov/AboutNIDCR/SurgeonGeneral/>

Research has demonstrated that:

- Periodontal (bone and gum) diseases are linked with:
 - Adverse pregnancy outcomes
 - Diabetes
 - Cardiovascular diseases
 - Stroke
 - Use of tobacco products

- Tooth Decay (dental caries) – the most prevalent chronic disease in children - is linked with:
 - Failure to thrive in children Baby Bottle Tooth Decay
 - Dry mouth in adults who use certain drugs (high blood pressure medications for instance)
 - Use of nursing bottle filled with sugary beverages at bedtime



Tooth Decay is an infectious (caused by a bacterium – *Streptococcus mutans*), transmissible (from Mom to infant) disease:

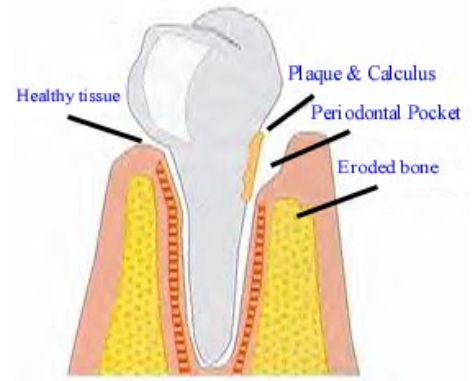
- DENTAL DECAY IS HIGHLY PREVENTABLE
 - Fluoride in water supply
 - Daily use of toothpaste containing fluoride
 - Use of antimicrobials (triclosan, chlorhexidine)
 - Regular dental office checkups, fluoride varnish, sealants
 - Limit frequent use of sugary foods



The Periodontal Diseases are caused by a mix of infectious agents:

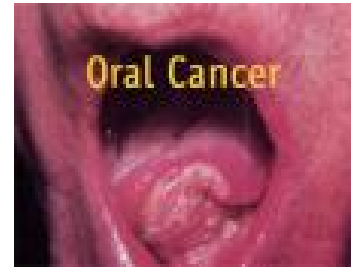
- THESE DISEASES ARE ALSO PREVENTABLE

- Daily cleaning with toothbrush and floss
- Regular checkups and dental hygiene visits
- Use of antimicrobials (triclosan, chlorhexidine)
- Early treatment of bleeding gums, recession
- Fluoride in water, toothpaste, as prescribed by dentist



Oral and Pharyngeal (throat) Cancers are increasing in women due to the significantly increased use of tobacco products by girls and women in the United States.

- ORAL CANCER IS PREVENTABLE
 - Stop using tobacco products
 - Use alcohol in moderation
 - Clean mouth daily as above, get regular checkups!



Source:

- Dr. Jim Cecil, Administrator, Oral Health Program, Department for Public Health Cabinet for Health and Family Services

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