



Oral Health Community News

Obesity and Oral Disease-is there a connection?

Recent studies have shown a relationship between obesity and oral disease. The study revealed that individuals between the ages of 18-34 years old with a higher than normal body weight had a 76% higher rate of gum disease than individuals with normal body weight.

The participants in the younger age group had different

dietary patterns than the older individuals. Several factors are responsible for these findings which include the increase in the number of soft drinks in the diet and decreasing their intake of vitamin C and Vitamin D liquids. This is important to oral health because inadequate dietary intake of calcium and Vitamin C have been associated with periodontal diseases.

Other reasons for the association between obesity and periodontal disease includes the social stigma associated with obesity in younger adults. Stress and how an individual copes with stress has also been shown to increase an individual's risk of gum disease.

<http://www.perio.org/consumer/obesity.htm>



"Tooth decay remains the most common preventable chronic disease of children aged 5- 17 years of age"
CDC 2000



How is oral health related to general health?

The oral health of a person is very important and allows the health professional to view a true picture of an individuals overall health. The mouth senses and responds to the external world and

also at the same time reflects what is happening deep inside the body. For instance, the mouth can show signs of nutritional deficiencies and warning signs for diseases such as immune disorders.

Saliva plays an important role by also enabling the diagnosis of specific disease as well as the measure of the concentration of a variety of drugs and hormones.

Cells and fluids in the mouth may also be used for genetic analysis to help uncover the risks for disease and predict outcomes of medical treatments. Surgeon General's Report on Oral Health, May 2000

