

Dr. Little's Dental News

Presented by Jeffery Little, D.D.S.



DENTAL CARE CUTS PNEUMONIA RISK

There has been a lot of accumulating evidence that good oral care helps preserve health in other parts of the body. For instance, there is research showing a link between dental care and critically ill patients. Most recently, this link has been expanded to include the general population, as data from a national survey suggests that people who never undergo regular dental checkups have nearly twice the risk of getting bacterial pneumonia as those who visit their dentists twice a year. The fact is that there is a direct connection between the mouth and lungs through which bacteria can be breathed in. This study confirms the need to

include dental checkups as part of a comprehensive approach to wellness.

Poor dental care is also a possible factor in other conditions, such as immune system disorders, weak bones, and problems with pregnancy and low birth weight. Encourage your family to practice good oral hygiene by brushing after every meal, flossing daily and using a mouth rinse to kill bacteria. And, of course, see your dentist! To schedule an appointment, please call our office.

P.S. "Aspiration pneumonia" is the term used to describe a lung infection that occurs after food, liquid, or vomit is inhaled into the lungs.

Dr. Little provides quality family and cosmetic dentistry.

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