A white line drawing of a Vitruvian Man figure, centered on a dark blue background with a grid pattern. The figure is inscribed within a square and a circle, both defined by dashed white lines. The figure's arms and legs are extended to the corners of the square.

# DENTISTRY FOR TOTAL BODY WELLNESS

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Measure Your Oral Health in 7 Key Areas and Relate it To Your General Health for Increased Vitality and Longevity!

PRESENTED BY:

**YOUR WELLNESS DENTISTRY NETWORK  
MEMBER DENTIST**



## **DENTISTRY IS NOT JUST ABOUT PRETTY TEETH. IT'S ABOUT TOTAL BODY WELLNESS.**

A trip to the dentist typically involves fillings, cleanings, and other routine services. But today, progressive dentists are spending more time learning and informing patients how dentistry and overall health are directly connected. Why?

By recognizing the connection between dental health and overall health your dentist has the potential to help you improve many things, including:



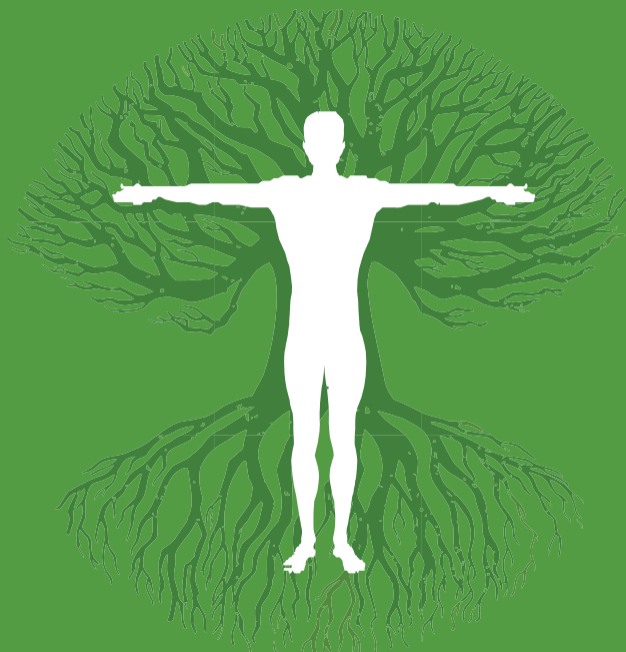
**Quality of Your Life**



**Your Vitality**



**Length of Your Life**



**HEALTH**  
..... IS A .....  
**RELATIONSHIP**  
**BETWEEN**  
**· YOU ·**  
**AND YOUR**  
**BODY**

## **“YOU CAN BE SICK WITH A HEALTHY MOUTH BUT YOU CAN NOT BE HEALTHY WITH A SICK MOUTH.”**

- Dr. Doug Thompson, Wellness Dentistry Network founder

Our body is an intricate system and everything is connected. Most people don't realize that the health of your mouth has a significant impact on your overall health. How?

More than 75% of Americans have some form of **gum disease** (also known as periodontal disease) that can cause bleeding gums when brushing and flossing. and ultimately tooth loss. Other signs of this disease are gum recession, black triangles between the teeth, bad breath, and tooth movement. In addition to tooth loss, there is another reason why this condition should not be taken lightly.

Your mouth contains certain bacteria, yeasts or viruses that live around the teeth. When your gums bleed, the bacteria can enter your bloodstream and spread to your entire body. The result is inflammation, damage to other body functions, and potential disease.

Gum Disease microbes attacking the teeth also play a role in other diseases like:

◆ ? Heart disease

◆ ? Stroke

◆ ? Dementia

◆ ? Diabetes

◆ ? Alzheimer's disease

**For more information** and resources about the oral systemic connection to certain diseases, see page 14.

## WHY ARE DENTISTS A KEY CONTRIBUTOR TO OPTIMAL TOTAL BODY HEALTH?

Doctors have found that most people already have an established relationship with their dentist and see their dentist more often than a physician.

A dentist that is keenly aware of how other health issues are connected to overall oral health can help you optimize your total health journey. We thoroughly evaluate you because we know:

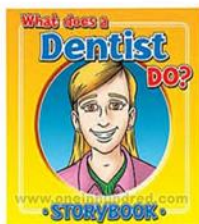
- ∠ DETECTING DISEASE **EARLY** IS HARD BUT TREATING IT IS EASY.
- ∠ DETECTING DISEASE **LATE** IS EASY BUT TREATING IT IS HARD.

We want to find disease early, stabilize, or cure it to keep you healthy and to reduce medical costs and unnecessary doctor visits. Many diseases have identifiable signs seen in the mouth. Taking an oral systemic approach to dentistry can mean prevention and early detection of oral and other whole body diseases.



### BACKSTORY

### Changing Paradigm About What Dentists Do For Their Patients



**Dentists today make people better and have a huge role in whole body health!**

# THREE STEPS TO OPTIMAL HEALTH:

## 1. CONSIDER YOUR LIFESTYLE

There are several external factors that most significantly impact our health:



## 2. ASSESS YOUR DENTAL HEALTH

A preliminary assessment of your own oral health will help you determine if you are at risk in any area and whether additional steps should be taken.

This eBook can help you measure your risk in seven key areas of your dental health:

- |                 |                |
|-----------------|----------------|
| 1. Gum Disease  | 5. Oral Cancer |
| 2. Cavities     | 6. Sleep Apnea |
| 3. Biocorrosion | 7. Appearance  |
| 4. Bite Disease |                |

Your Wellness Dentistry Network Member Dentist can use the information from the following risk assessment questionnaires to recommend products or procedures. Questionnaires also can guide them to avoid doing anything that is unnecessary. A thorough in-person evaluation and investigation in the following areas will allow your dentist to personalize your care.

**LET'S GET STARTED!**

# GUM DISEASE

Gum disease starts with harmful bacteria living around and on the teeth. It can lead to eventual tooth loss preventing you from enjoying a healthy diet. In addition, the bacteria that cause gum disease can also contribute to heart disease and a long list of whole body ailments. If you have active gum disease, a plan to stabilize it will be our first priority.

- D Y** **D N** Are your gums painful or do they bleed when you brush and floss?
- D Y** **D N** Have you even been told you should have your teeth cleaned more than twice a year?
- D Y** **D N** Have you ever been treated for gum disease?
- D Y** **D N** Do you have family members with a history of gum disease?
- D Y** **D N** Does it appear your teeth are getting “longer” or do you have receding gums?
- D Y** **D N** Have you ever experience bad breath or had an unpleasant odor or taste in your mouth?
- D Y** **D N** Do you smoke or use tobacco products?
- D Y** **D N** Have you ever had any teeth become loose or fall out on their own?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.  
If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

## WHAT’S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know?** A simple 30 second rinse and spit test can determine what bacteria are living in your mouth that may contribute to this disease!*





CAVITIES

Contrary to what we used to think not everyone with teeth will get cavities. Cavities are caused by a bacterial infection that can be stopped. No one should have new cavities each time they have a dental visit. You get cavities because you have a certain type of bacteria. With medicine, these bacteria can be stabilized.

- D Y D N Have you had any cavities within the last three years?
- D Y D N Do you notice any white, brown or black spots on your teeth?
- D Y D N Do you feel or notice any holes in the biting surfaces of your teeth?
- D Y D N Are your teeth sensitive to hot, cold or sweets?
- D Y D N Does anyone in your family have a history of cavities?
- D Y D N Do you experience a dry mouth or do you have difficulty swallowing any food?
- D Y D N Do you eat frequent snacks in between meals?
- D Y D N Do you consume beverages that have a high acid content or that have a high sugar content?
- D Y D N Do you use a toothpaste that is fluoride free?
- D Y D N Do you have fluoride in your water?
- D Y D N Has it been over five years since dental radiographs have been taken?

If you answered “No” to all of these questions, you likely have low risk for this disease.  
If you answered “Yes” to any of these questions, further evaluation by your dentist is recommended.

WHAT’S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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*Did you know? A simple 15 second swab test can allow us to measure your oral bacteria and help determine your risk for tooth decay!*



## BIOCORROSION

Biocorrosion is a term to describe damage to the teeth from chewing stress, prolonged exposure to acids from the stomach or the diet, and abrasion from additives in toothpaste. Early identification and management can limit damage to the teeth and help avoid unnecessary repairs. These factors alone, or in combination, can cause notches at or near the root surfaces or on the biting surfaces of the teeth.

- D Y** **D N** Do you have grooves or notches in your teeth near the gumline?
- D Y** **D N** Do you have visible white or brown spots on your teeth?
- D Y** **D N** Are your teeth losing minerals and getting rougher, weaker or picking up more stains?
- D Y** **D N** Do you use toothpaste that promises tartar control or teeth whitening?
- D Y** **D N** Do you clench or squeeze your teeth together?
- D Y** **D N** Do you consume carbonated beverages or sports drinks?
- D Y** **D N** Have your teeth discolored?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know? Biocorrosion can be  
stabilized but it needs to be recognized  
first!***



## BITE DISEASE

Your teeth are supposed to last a lifetime and are designed to be problem free. Bite disease can cause unsightly premature tooth loss or damage to the teeth for both children and adults. Night grinding can also result in damage to the chewing surfaces of the teeth. Bite disease can affect your ability to eat and chew essential foods for good health. It can also cause unsightly tooth damage that may affect one's appearance, their facial esthetics and the confidence that comes from a great smile.

- D Y D N** Are your teeth wearing away, being ground down, getting smaller, chipped or thinning?
- D Y D N** Do you clench or squeeze your teeth to make them fit better together?
- D Y D N** Do you have problems chewing hard or chewy foods like a bagel or protein bar?
- D Y D N** Are your teeth crowding or developing spaces?
- D Y D N** Do you wear or have you ever worn a bite appliance?
- D Y D N** Were braces ever recommended for you?
- D Y D N** Do you chew ice, your nails, or hold anything other than food between your teeth?
- D Y D N** In the morning, do you have pain in the jaw joint or muscles of the face?
- D Y D N** Do you have problems chewing?
- D Y D N** Do you have problems with your jaw joint?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT'S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know? When bite disease is stabilized, teeth should show no evidence of change year after year.***

## ORAL CANCER

In less than an hour someone will die from oral cancer. Early detection and management can prevent this. Historically the death rate associated with this cancer is particularly high not because it is hard to discover or diagnose, but due to the cancer being routinely discovered late in its development. Today 40% of oral cancers are being found in patients that do not display social or lifestyle risk factors.

- D Y** **D N** Have you had oral cancer in the past?
- D Y** **D N** Do you have a family history of oral cancer?
- D Y** **D N** Do you consume alcohol regularly?
- D Y** **D N** Do you or have you used tobacco products of any type?
- D Y** **D N** If you are sexually active, do you or your partner have multiple sex partners?
- D Y** **D N** Do you have a weakened immune system?

If you answered “**No**” to **all** of these questions, you likely have low risk for this disease.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

### WHAT’S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

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***Did you know?*** Traditional risk factors for oral cancers include age, alcohol consumption and smoking. We strongly encourage oral cancer screenings at least once a year.

## SLEEP APNEA

It is estimated that 90 million people in North America have breathing issues that lead to snoring and sleep apnea. The lack of oxygen caused by snoring and sleep apnea increases your risk of high blood pressure, leading to heart attack and stroke. Great news is that sleep apnea can be treated effectively if properly identified and diagnosed. Proper sleep can add quality years of increased vitality and longevity.

### Epworth Sleepiness Scale

Please indicate how likely you are to doze off or fall asleep in the following situations:

(0=Never, 1=Slight, 2=Moderate, 3=High chance of dozing off)

Sitting and reading.....	D 0	D 1	D 2	D 3
Watching television.....	D 0	D 1	D 2	D 3
Sitting inactive in a public place (e.g. theatre, meeting).....	D 0	D 1	D 2	D 3
As a passenger in a car for one hour without a break .....	D 0	D 1	D 2	D 3
Sitting down quietly after lunch without alcohol.....	D 0	D 1	D 2	D 3
Lying down to rest in the afternoon.....	D 0	D 1	D 2	D 3
Sitting and talking to someone.....	D 0	D 1	D 2	D 3
In a car, while stopped for a few minutes in traffic .....	D 0	D 1	D 2	D 3

My total score: \_\_\_\_\_

### Based on the answers to the questions above:

“If your score is 9 or above, it is recommended you be evaluated for this disease.

“If your score is 0-6, you likely have low risk for this disease.

### WHAT'S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage this disease.

***Did you know? People with sleep apnea  
are 5x more likely to have a traffic  
accident!***

## APPEARANCE

Your teeth are the foundation of your smile. Your smile is a significant focal point of your face and shapes your appearance. Abnormalities in tooth shape, color, position, can have an impact on social acceptance, personality development, and affect how others “see” you. Tooth shape, color, and position are all alterable and can be enhanced for a beautiful smile.

**D Y D N** Is there anything about the appearance of your teeth that you would like to change?

**D Y D N** Have you ever whitened or bleached your teeth?

**D Y D N** Do you feel like your teeth are crooked or out of alignment?

**D Y D N** Does the way your teeth look affect your desire to smile wide?

**D Y D N** Have you been told by a family member or friend that your teeth are dark or oddly shaped?

**D Y D N** Were braces ever recommended for you?

**D Y D N** Do you have any gaps or spaces that show from missing teeth?

**D Y D N** Have you been disappointed with the appearance of previous dental work?

**D Y D N** Do you feel uncomfortable or self-conscious about your smile?

**D Y D N** Do you avoid having photos taken of you smiling?

If you answered “**No**” to **all** of these questions, are likely comfortable and satisfied with your smile.

If you answered “**Yes**” to **any** of these questions, further evaluation by your dentist is recommended.

## WHAT'S NEXT?

Make an appointment with a Wellness Dentistry Network Member Dentist that can assess your level of risk. A thorough evaluation along with investigating the above areas will allow your dentist to personalize your care and take steps to manage the appearance of your smile.

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***Did you know? Beautiful smiles produce confidence, positive self-esteem and have other benefits that all contribute to good health.***

### 3. VISIT A DENTIST AWARE OF HOW THE MOUTH CAN AFFECT THE REST OF THE BODY

As kids, we learn that dentists fix our teeth and doctors fix all our other body aches and pains. But dentists today make people better AND have a huge role in whole body health. But not all dentists are aware of the oral systemic health connection!

A dentist aware of oral systemic health is dedicated to continuing education and advanced research. Organizations such as the **Kois Center** and the **Wellness Dentistry Network** teach dentists to recognize harmful mouth issues and to collaborate with medical doctors for better patient health.

**Wellness Dentistry Network Member Dentists** strive to stay up to date and continually advance their learning. This approach allows them to apply recent science to your personalized oral assessment. They can often uncover diseases like heart disease, diabetes, stroke risk and many other serious issues. A thorough risk-based treatment plan will help you manage oral conditions that may be affecting your overall health in a negative way. .

#### BENEFITS OF AN ORAL SYSTEMIC APPROACH TO DENTISTRY

**Less Time** – Chronic disease results in billions of dollars in lost productivity each year. Reduce any unneeded time off work.

**Less Money** – Screening for and identifying chronic diseases in dental offices will reduce your future health care costs.

**Preventing Problems** – Sealants, oral cancer screenings and healthy hygiene habits protect your family from gum disease and other debilitating conditions.

**Looking Ever-Spectacular** – Having a healthy smile complements your facial features and makes you look youthful and attractive any way you look at it.

## ORAL SYSTEMIC HEALTH CONNECTION

**Wellness Dentistry Network Member Dentists** strive to provide the best possible dental care to their patients. By protecting the health of your mouth, you contribute to your overall wellness. Emerging scientific studies are showing many important connections between the health of your mouth and body.

### CONSIDER SOME EXAMPLES:

#### **Gum Disease and Heart Disease**

A 2016 study revealed that those with gum disease were **2.5 times** more likely to suffer heart attacks than those with healthy gums! A serious oral infection can result in tooth loss, and if untreated, has now been shown to cause cardiovascular disease.

#### **Gum Disease and Diabetes**

Certain oral conditions can increase your chance of becoming diabetic. If you already have diabetes, you are **2-4 times** more likely to develop gum disease, which in turn can increase blood sugar and diabetic complications.

#### **Gum Disease and Alzheimer's**

Higher levels of antibodies to oral bacteria are associated with increased inflammation in the body, which is linked to greater rates of cognitive decline.

#### **Metabolic Syndrome**

Metabolic syndrome is a cluster of conditions that increase your risk for heart disease, stroke, and diabetes, including increased blood pressure, high blood sugar levels, excess body fat around the waist, and abnormal cholesterol levels.

*Any **Wellness Dentistry Network Member Dentist** would be happy to discuss more with you so contact a member dentist today!*

## WHAT YOU CAN DO?

Oral bacteria can be identified through a simple swish and spit test which allows your dentist to identify disease causing pathogens implicated in gum disease, heart disease and a host of other whole body diseases.

Physicians and dentists rely on this type of testing to personalize periodontal treatments and to recognize related systemic health risks.



# EVERYTHING YOU NEED AND NOTHING YOU DON'T

Bring your completed personal risk assessment included in this eBook with you to personalize your care. **Wellness Dentistry Network Member dentists** only recommend products or procedures you need and knows when to avoid doing anything that is unnecessary.

Learn how you can benefit from oral systemic health dentistry by visiting a **Wellness Dentistry Network Member Dentist** today!

Schedule an exam for your personalized dental assessment!

Visit **www.WellnessDentistryNetwork.com** and select **Member Directory** to find a **Wellness Dentistry Network Member Dentist** near you.



#### Sources:

[http://www.ada.org/~media/ADA/Science%20and%20Research/HPI/Files/ADA\\_HPI\\_DentalOfcScreening.pdf?la=en](http://www.ada.org/~media/ADA/Science%20and%20Research/HPI/Files/ADA_HPI_DentalOfcScreening.pdf?la=en) <http://www.knowyourteeth.com/print/printpreview.asp?content=article&abc=i&iid=184&aid=8674>  
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