

## Periodontal Disease and **Respiratory infections**

Scientists have discovered a link between periodontal disease and respiratory infections. In fact, if you suffer from periodontal disease, you may be breathing harmful bacteria into your lungs every day.

### **What is periodontal disease?**

Periodontal disease is an infection of the teeth, gums, and bone that forms constantly on your teeth. The bacteria infect the tooth roots and cause pockets of infection to form in the gums. If the plaque is not removed every day, a vast number of various kinds of bacteria grow and multiply in these pockets.



*Harmful bacteria in lungs.*



*Bacteria live in pockets*



*Treatment can protect*

### **The connection to respiratory infections**

If you have periodontal disease, you may be breathing in bacteria that can lead to respiratory problems. As you breathe in, these bacteria enter your lungs, where they can multiply and inflame lung tissues.

Evidence indicates that bacteria in your lungs can lead to respiratory infections like pneumonia, bronchitis, emphysema, and chronic obstructive pulmonary disease. This is especially true if you smoke, have a weakened immune system, or already have a respiratory condition.

### **Treating periodontal disease**

If we determine that you have periodontal disease, we'll recommend an appropriate treatment plan, and we'll work with you to create a suitable oral hygiene routine. Prompt treatment of periodontal disease and regular dental cleanings remove the source of bacteria and allow your gums to heal.

In turn, you'll reduce your risk of respiratory infection and increase your overall health.