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SPOTLIGHT ON: ORAL HEALTH, FRAILITY AND DEMENTIA

The mouth is the gateway to our body but **did you know poor oral health is also linked to cognitive function and frailty?**

Alzheimer's Disease and dementia affects over **35.6 million individuals worldwide**, with the number predicted to **double every 20 years to reach over 115 million people by 2050**¹.

Due to its high prevalence, it is highly likely that many know someone with the disease and are familiar with some of the common signs: forgetfulness, memory loss and confusion. **However, what you may be surprised to learn is that there is a link between gum disease, tooth loss and early development of frailty, cognitive decline and dementia.**²

Let's take a look at how and why the two are linked:



To keep your mouth healthy it is important to keep dental plaque under control. If plaque does not build up the bacteria cannot multiply and cause cavities, gum disease, or spread beyond the mouth.



If not regularly removed, plaque containing harmful bacteria builds up around the gumline leading to gum inflammation and disease.



These plaque bacteria produce toxins leading to inflammation, and the bacteria can also spread to other parts of your body



Early onset of frailty and cognitive decline

Dental caries and periodontal diseases can lead to tooth loss, and research has shown that physical and cognitive decline is more striking among older people without teeth compared to those with teeth.



Loss of teeth and early death

Having a lower number of teeth has been associated with various systemic diseases and has been shown to be a risk factor for death. Having more natural teeth is thought to delay the onset of disability and death among older people.



Worsening of Depression

Recent studies have shown that poor oral health is associated with emotional disorders, including depression.



Early onset of frailty and difficulty in walking

Tooth loss has been linked to mobility limitations and an accelerated decline in walking speed in older adults; it is thought that inflammation may play a role in this association.



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DID YOU KNOW?

Patients with Alzheimer's Disease and cognitive function loss are at a higher risk for developing poor oral hygiene and periodontal disease⁶.

A clinical study which looked at the oral health status of 180 patients with dementia and 229 without dementia, **found that patients with dementia had significantly worse oral hygiene**⁷.

The same clinical study found that **patients with dementia had significantly worse periodontal disease**, measured by tooth attachment loss⁷.

This may be due to Alzheimer's patients forgetting to regularly brush their teeth or day-to-day routines sliding when relying on others to help.

People with dementia and Alzheimer's disease and their carers need to take extra care with oral hygiene routines to help prevent gum disease and tooth loss.

What are the warning signs of gum infections?⁸



- Red, swollen or tender gums
- Bleeding gums
- Receding gums
- Loose teeth
- Persistent bad breath
- Pain when chewing

Oral-B is leading the way in innovation, technology and research to help protect your oral health and educate you about the connections between oral health and overall health.

Electric Toothbrush with a Round-Head

Electric toothbrushes are proven to remove more plaque than a manual toothbrush. They give you a professional clean feeling every day. Oscillating rotating toothbrushes with a small round head produce the best results. The Oral B iO's revolutionary technology removes 100% more plaque than a manual brush to give you that professional clean feeling every single day.

Stannous Fluoride Toothpaste

Oral-B Stannous Fluoride (SnF₂) toothpaste helps to protect your gums against bacterial plaque.

Mouth Rinse

Mouth rinses containing Cetylpyridinium Chloride (CPC) formulated at 0.07% help to reduce plaque.

Interdental Cleaning

Plaque easily accumulates and hides between teeth where toothbrushing can't reach. Regular cleaning between teeth with interdental brushes or floss helps to remove plaque and helps to protect gums.

Regular Oral-Health Check-Ups

Visit your dental professional regularly to prevent and detect signs of gum infection at its earliest stages.

Follow a holistic Oral-B regimen for a happy healthy mouth and body!

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