



**Healthy aging  
requires a  
healthy mouth.**

**Cognitive disorders and poor  
oral health**

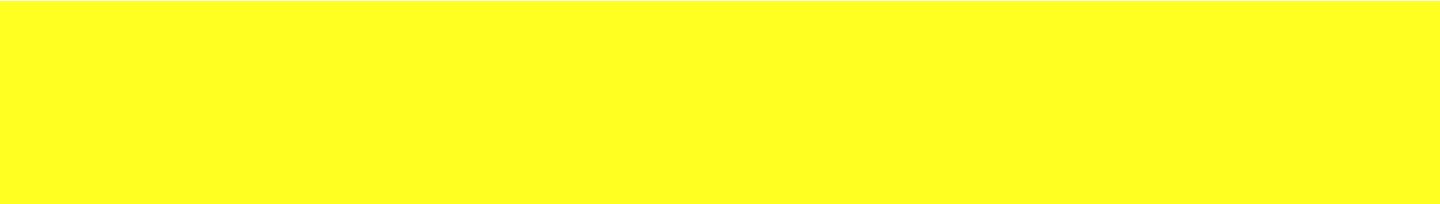
**PREVORA**  
ANTIBACTERIAL TOOTH COATING chlorhexidine diacetate



# About this guide

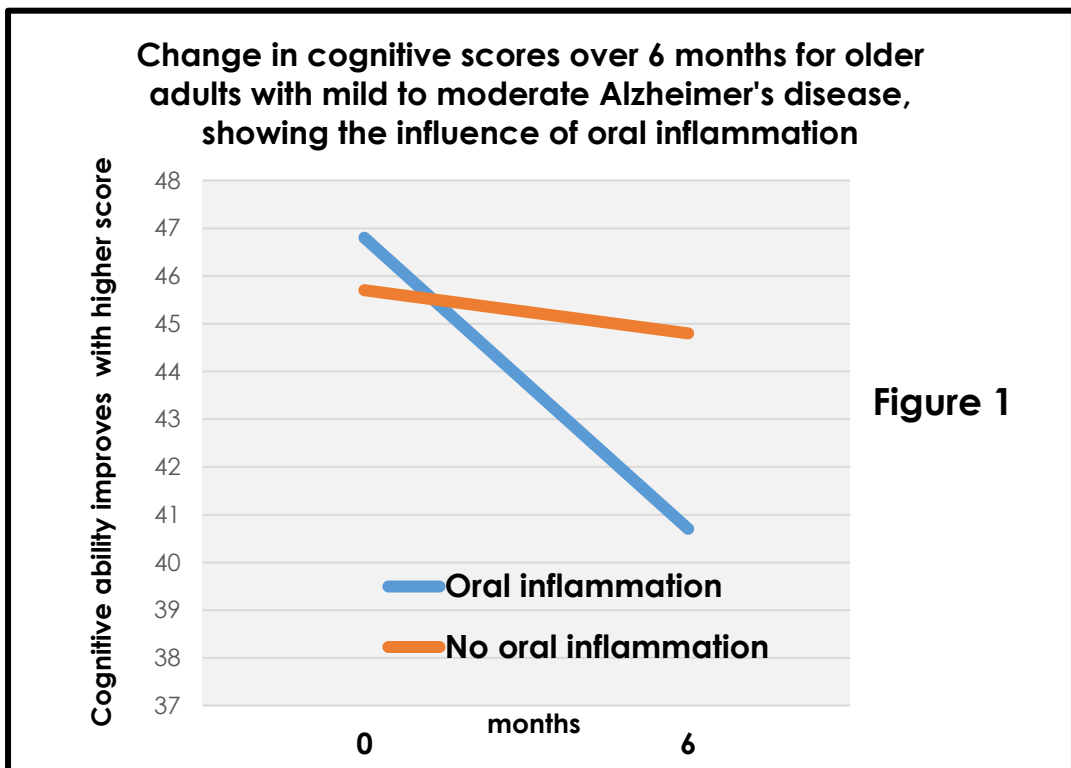
Oral healthcare is changing dramatically, to embrace new scientifically-proven methods and treatments which prevent disease in the mouth.

To inform our patients about these changes, your oral healthcare team is publishing a series of booklets about the new "science of prevention" and how it can help you to better oral health.



# Cognitive disorders and poor oral health are interrelated.

Loss of cognitive function and poor oral health can affect each other. Inflammation of the gums can increase the rate of cognitive decline significantly over six months (Figure 1). And over 5 years, severe gum disease amongst older adults can increase the chances of poor cognitive function.<sup>1</sup>



Source: Ide M et al. 2016. Periodontitis and cognitive decline in Alzheimer's Disease. PLoS ONE, 11: (3)

<sup>1</sup> Iwasaki M et al. 2018. Periodontitis, periodontal inflammation, and mild cognitive impairment: A 5-year cohort study. J Perio Res., 1-8

## What's the link?

There are several ways poor oral health and cognitive decline are interrelated.

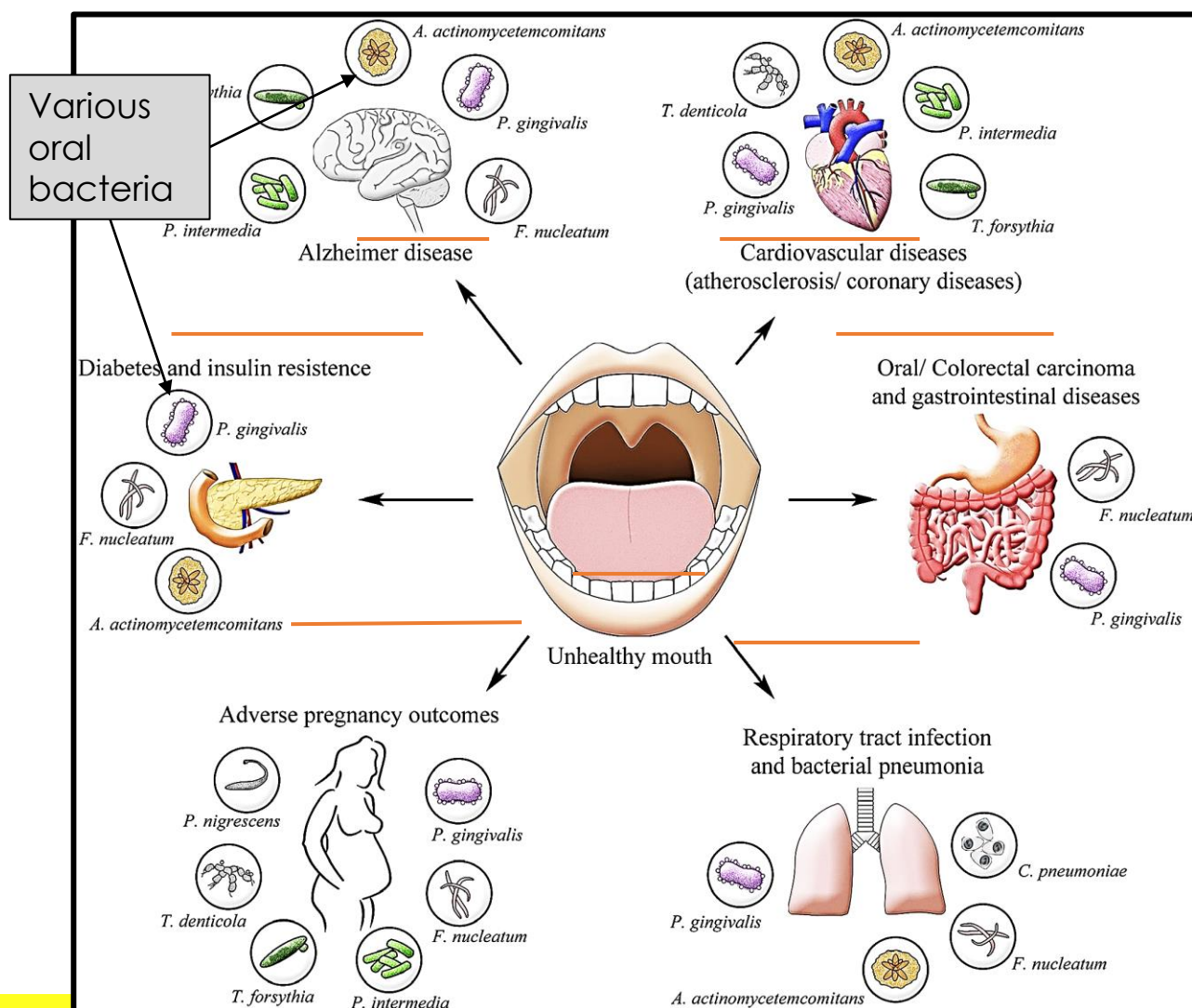
First, poor oral health can worsen Type 2 diabetes, and increase inflammation in the body and blood pressure. All of these conditions are risk factors for cognitive problems.

Second, certain oral bacteria can directly cause inflammation and micro-bleeds in the brain. Many of these same bacteria cause either gum disease or cavities.

Lastly, adults often experience poorer oral health as their cognitive abilities decline. Oral hygiene suffers and a dry mouth becomes common.

# Poor oral health also threatens more than mild cognitive impairment

What happens in the mouth, doesn't stay in the mouth. The bacteria causing your gums to bleed are closely associated with several medical problems other than cognitive decline: cardiovascular disease, hypertension, stroke, respiratory and inflammation conditions, and even certain cancers.



## So how is poor oral health best managed before and during cognitive decline?

First, as best you can, improve your daily oral hygiene activities including brushing and flossing twice daily.

But when your bleeding gums persist or cavities at the gum line happen, ask your oral healthcare professional for extra help.

Professional scaling of your dental plaque at and under the gum line is commonly effective. But for those teeth which continue to be inflamed or bleed after scaling, we use a new antiseptic tooth coating called Prevora. It is painlessly applied to your teeth and gum line in a series of short visits. Prevora helps to manage the harmful bacteria in your dental plaque.

Prevora patients go for years without cavities or gum disease. Many Prevora patients report they feel better too.



*Prevora is painlessly applied to your teeth and gum line where it rebalances oral bacteria to a healthy condition.*

# Consult with your oral healthcare professional

Science's growing understanding of the interrelationships between oral health and overall health, makes a consultation with your hygiene team ever more important.

Your hygienist observes oral inflammation and ongoing poor oral health with unique skills and competencies. Your hygienist also knows how to prevent cavities at the gum line safely, quickly, affordably and without pain.

Team up with your hygiene team to get to better oral health and better overall health.





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