

# Your mouth can say a lot about osteoporosis



We'll do **whatever it takes and then some.**

## The Mouth-Body Connection

More than 120 medical conditions can be detected in the early stages by a dentist. Osteoporosis, like some other health conditions, can have oral symptoms that may be detected by your dentist before the disease advances.

Osteoporosis weakens bones by reducing their density. Although the disease may strike any gender at any age, the vast majority of sufferers are women over age 50.

Osteoporosis is difficult to detect, and most patients are not diagnosed until their bone density has decreased to the point that a fracture occurs. However, symptoms of tooth loss or gum (periodontal) disease could indicate early stages of osteoporosis. This is why it's important to visit your dentist regularly and to provide him or her with your complete medical history, even if you don't think it relates to your oral health.

### Signs of osteoporosis

There are several signs that alert dentists to the possibility of osteoporosis:

- **Bone loss in the jaw.** This may be a sign of bone loss in other parts of the body.
- **Tooth loss.** Studies support the hypothesis that women with low bone mineral density tend to lose more teeth.
- **Ill-fitting dentures in post-menopausal woman.** Studies show that post-menopausal women with osteoporosis need new dentures three times more often after age 50 than women without osteoporosis.

Bone loss may become so severe that it may be impossible to create functional dentures. Without the aid of dentures to chew many types of food, older patients may suffer severe nutritional deficiencies.

If your dentist suspects you have osteoporosis, he or she can refer you to a physician for medical assessment and subsequent treatment. In addition to scheduling regular dentist visits, you can help prevent osteoporosis by:

- Getting enough calcium each day, through diet (dairy products and leafy green vegetables) or supplements (women: 1,200mg; men: 800mg; anyone over age 65: 1,500mg)
- Adding vitamin D to your diet (salmon, tuna, vitamin D-fortified milk or juice)
- Exercising
- Quitting smoking
- Decreasing caffeine and alcohol intake

*Information courtesy of the Academy of General Dentistry*

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- More dentists
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## How healthy is your smile? Take our online quizzes to find out!



Visit the Oral Health & Wellness section on [www.deltadentalins.com](http://www.deltadentalins.com) to take the following quizzes:

- Dental Cavity Quiz
- Gum Disease Quiz

## Questions about oral health?

If you've got questions about oral health, be sure to check out our website at [www.deltadentalins.com](http://www.deltadentalins.com) for answers.

To help you and your family keep your smiles healthy, we've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

### Mouth-Body Connection

- Diabetes and oral health
- Heart disease and oral health
- Men's oral health
- Oral cancer
- Osteoporosis
- Pregnancy and oral health
- Stress and oral health
- Tobacco use and oral health

### Preventive Care

- Brushing and flossing
- Dental cleanings
- Fighting bad breath
- Fluoride
- Nutrition and oral health
- Choosing and caring for your toothbrush

### Emergency Care

- Dental care when traveling
- Handling dental emergencies

### Kids & Teens

- Baby bottle tooth decay
- Children's oral health
- Eating disorders
- Teens' oral health

### Seniors

- Dental care of Alzheimer's patients
- Dentures
- Seniors' oral health

### Dental Treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Dental x-rays
- Sealants

### Conditions

- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ