

# Oral Health Tips

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## Osteoporosis and Oral Health

Osteoporosis is often considered a “silent” disease — one that is associated with few warning signs in the early stages. However, do you know that the early signs of osteoporosis may be able to be seen in the mouth? When dentists observe bone loss in the jaw, it may be a sign of bone loss in other parts of the body.

Osteoporosis is one of the most common human bone diseases affecting millions of people, including over one-third of females above the age of 65. Osteoporosis is characterized by decreased bone density and weakened bones. As it progresses, osteoporosis can weaken bones to the point that they break under otherwise normal stresses. Symptoms of osteoporosis often go unnoticed until a major fracture occurs, but your dentist may be able to detect the early signs of osteoporosis during your regular dental exam.

### Your Mouth Can Be an Indicator of Osteoporosis

- Loose teeth
- Gums coming detached from the teeth
- Severe gum disease
- Dentures that don't fit well
- Difficulty eating or speaking

If your dentist detects any of these signs, they may take dental x-rays, which can show the density of the jawbone and the bones around the teeth. Over time, x-rays can show if there is a decrease in the bone density, which may signify an advanced stage of osteoporosis.

### Risk Factors

Although osteoporosis affects both men and women, post-menopausal women are particularly susceptible to osteoporosis because diminished estrogen levels may speed up bone loss. Similarly, young women who are very thin and do not produce enough estrogen to menstruate, or those with eating disorders, may be at increased risk for osteoporosis.

Other risk factors include:

- Heredity
- Lack of exercise
- Calcium deficiency
- Smoking
- High caffeine and/or high alcohol consumption
- Certain medications (such as some steroids)

### Oral Health Impacts

Besides causing weakened bones, which can lead to fractures throughout the body, osteoporosis can also have significant effects on your oral health. In advanced stages, osteoporosis can lead to tooth loss or erosion of the jawbone. Once teeth are lost, the jawbone can begin to lose its shape, which can affect your ability to eat, drink, and

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communicate effectively. Osteoporosis can also increase the risk of periodontal (gum) disease.

### **Keep Your Teeth and Bones Strong**

Most people, especially women, will reach their peak bone mass by the time they are in their early 20's, from then on only maintenance of existing bone is possible. Therefore the best prevention of osteoporosis should start in adolescence since it may be a critical time for bone mass formation. Calcium is essential to building strong bones and adolescents should be encouraged to drink milk and eat other healthy foods that contain calcium such as yogurt and broccoli. Adolescents should also be encouraged to consume less soda as the phosphoric acid in most cola drinks can limit calcium absorption.

### **Recommended Activities**

- Daily intake of the recommended amount of calcium (women/1200mg, men/800mg, and over age 65/1500mg)
- Perform weight bearing activities and muscle strengthening exercises
- Eat a healthy diet, including calcium and Vitamin D
- Do not smoke
- Reduce the amount of caffeine and alcohol consumed
- Visit your dentist regularly

**Sources:** American Dental Association: [www.ada.org](http://www.ada.org); Academy of General Dentistry: [www.agd.org](http://www.agd.org); National Institute of Dental and Craniofacial Research: [www.nidcr.nih.gov](http://www.nidcr.nih.gov)