

# The Mouth-Body Connection

In America, 50% of adults have some form of gum disease. By age 65, the rate goes up to 70%.



**The majority of people with gum disease are unaware of it in the early stages.** There are no symptoms until it reaches an advanced stage. Beyond the dangers of tooth decay and tooth loss, we now know that gum disease contributes to a host of other illnesses, such as heart attack, stroke, diabetes, rheumatoid arthritis, stillbirth, Alzheimer's disease, and several cancers.

Scientific research has confirmed a connection between gum disease and a variety of life-threatening diseases. Bacteria invade the bloodstream through the gums, starting inflammation that affects blood pressure, blood sugar, and a myriad of other body systems.

A healthy mouth is fundamental for total body wellness.

*Interested in Attending?*

This course is perfect for:

- ✓ Employers
- ✓ Human Resources Executives
- ✓ Healthcare Administrators
- ✓ Insurance Administrators
- ✓ Dental and Medical Professionals
- ✓ General Public



# Be Your Own Health Advocate

It's time to empower yourself to protect your health. Discover the simple steps that improve oral health and prevent or lessen the risk of a multitude of other diseases that affect overall wellness.

Examine the devastating effects of gum disease on total body health. Conservative, targeted treatment can transform health. Learn simple, effective home care routines that prevent illness and maintain the benefits of professional therapy. These treatments and protocols preserve health and save money.

- Discover how specific bacteria can increase the risk of oral and whole body diseases
- Recognize the role of targeted nutrition and nutritional supplements in supporting the immune system
- Understand the use of laboratory testing to evaluate disease risk and how conservative, non-surgical periodontal treatment can improve oral and total body health
- Identify how professional care saves thousands of dollars annually in dental and medical treatment expenses

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# Meet Kathryn

## Connecting Oral Health to Total Wellness



**Kathryn Gilliam's** interest in the medical side of dentistry led her to years of advanced study into the oral-systemic link, including graduating from the prestigious Bale Doneen Preceptorship. Her company, PerioLinks, LLC, was born out of her desire to educate dental teams and the lay public about the importance of dental health in achieving total body wellness.

Kathryn has been on the front lines of early detection of oral cancer throughout her 30- year career. She is an active volunteer for The Oral Cancer Foundation and supports organizations such as The Oral Cancer Cause, Alana Smiles, and Six Step Screening.

Kathryn has delivered impactful continuing education courses to both small and large groups across the country and internationally. She is a graduate of the Lioness Principle Advanced Transformational Trainer and Inspirational Speaker programs. She has published continuing education courses for [ineedce.com](http://ineedce.com) and [Dr. Bicuspid.com](http://Dr.Bicuspid.com), and Kathryn's articles have been featured in: *The Journal of the Academy of General Dentistry*, *AGD Impact*, *RDH Magazine*, *Dentistry Today*, *Dental Economics*, *Modern Hygienist*, and *Hygiene Mastery Magazine*.

Additionally, Kathryn is a member of the American Academy of Oral Systemic Health and is a member of the board of the Houston Component of the Oral Cancer Foundation. She is also a member of the Speaking Consulting Network and Directory of Dental Speakers.



### What's being said about Kathryn's course:

*"Eye opening!"*

*"Extremely beneficial."*

*"Complex ideas made clear and easy to understand."*

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Gilliam*  
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