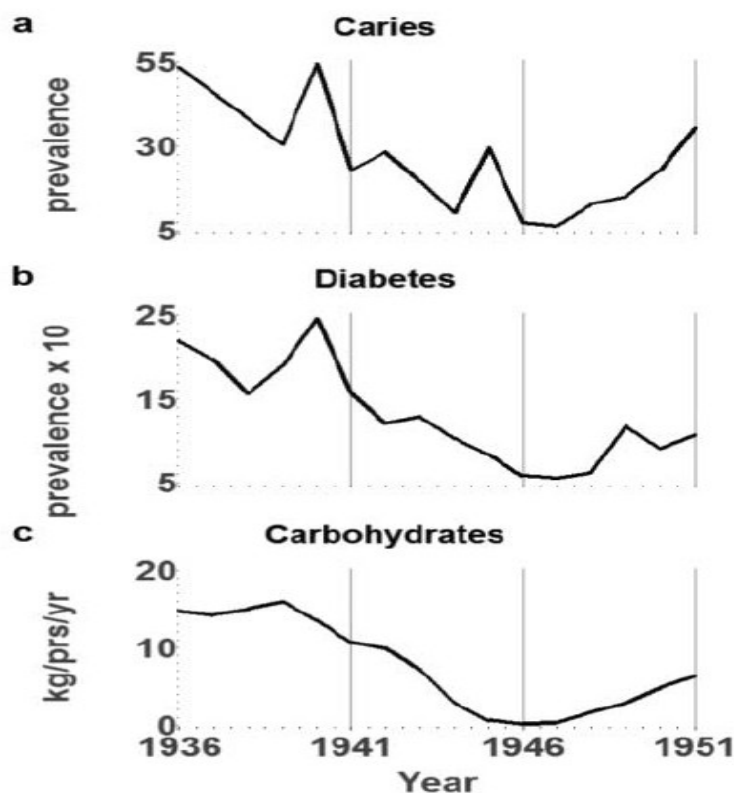


## DENTAL & SYSTEMIC DISEASES

Processed carbohydrates are recognized as a “necessary cause” of dental caries.

“If you deal with the cause of cavities, you get rid of the causes of many systemic diseases.”



“Oral health is subject to a number of key risk factors. Fortunately, avoidance of risk factors such as high sugar consumption, poor nutrition, poor basic hygiene and tobacco use will also prevent many other serious health problems.”

Dr. Burton Conrad, Canada, President, FDI World Dental Federation, 2007-09

Fig: A drop in sugar consumption, cavities and diabetes during WWII. Refined carbohydrates are regarded as causes for dental caries, diabetes, periodontal disease, myocardial infarction, and other chronic diseases.

Source: Hujoel P. Dietary Carbohydrates and Dental-Systemic Diseases. J Dent Res 2009;88(6):490-502.

The use of fluorides does not deal with this “necessary cause” of dental cavities or systemic diseases.

Fluoride overconsumption will lead to more people with systemic health problems.