RHEUMATOID ARTHRITIS AND
PERIODONTAL DISEASE
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If you suffer from rheumatoid arthritis (RA), you may be a candidate for periodontal disease. Recent research indicates a connection between rheumatoid arthritis and periodontal disease. People with RA offer experience a higher incidence of periodontal disease.

What is rheumatoid arthritis?
Rheumatoid arthritis is an autoimmune disease that causes chronic inflammation of the joints. RA can also cause inflammation of the tissue around the joints, as well as other organs in the body. RA is a progressive disease that may lead to joint destruction and disability.

How is RA linked to periodontal disease?
RA and periodontal disease share some similar characteristics:

- Both conditions result in chronic inflammation
- Both attack supporting tissues and bone structure
  - RA targets joints, including cartilage and bone within joints
  - Periodontal disease targets gums and the supporting bones that hold teeth in place

What does the research suggest?
A recent study indicates that people with RA were twice as likely to experience moderate to severe periodontal disease. However, more research needs to be completed to establish a causal link between the two conditions.

What can you do if you suffer from RA?
- Continue to blush and floss regularly
- Use an electric toothbrush to reduce stress on your hand and wrist
- Look for signs of periodontal disease, such as red, swollen gums that bleed easily
- See your dentists for regular checkups