

Gum health. Whole-patient thinking.

A discussion guide for dental teams | Evidence checked September 13, 2026

01 / START WITH THREE EVIDENCE CHECKS

Association is not causation. Shared risk factors can help explain relationships between oral and systemic conditions.

What did the study measure? Biomarker changes are different from fewer heart attacks or cases of dementia.

Who - and what - was studied? Animal findings and periodontal treatment trials do not establish benefits for a commercial rinse.

02 / ASK YOUR TEAM

How do we explain the oral-systemic connection without promising an unproven benefit?

When would coordination with a patient's medical team help us provide better periodontal care?

Can we identify the source and the limitation behind each claim in our patient materials?

03 / A PATIENT CONVERSATION STARTER

“Gum health is part of your overall health. Gum disease is linked with some medical conditions, and treating it protects the tissues that support your teeth. We can coordinate with your medical team, but we cannot promise that dental treatment will prevent heart disease or dementia.”

04 / EXPLORE THE EVIDENCE TOGETHER

Heart & vessels: AHA scientific statement, 2026; Tonetti et al., NEJM, 2007.

Diabetes & gums: Simpson et al., Cochrane review, 2022.

Brain & vesicles: Gong et al., mouse and cell study, 2022.

Read the brief: ovnnexus.com/for-dentists

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