The Link Between Gum Disease, Heart Disease, & Stroke

Research indicates gum disease may increase the risk of heart disease and stroke.

People with gum disease are twice as likely to have heart disease.

Those diagnosed with acute ischemic stroke (brain injury caused by a blocked blood vessel) are more likely to have gum disease.

There’s no crystal ball...

...but the presence of common problems in the mouth, including gum disease, cavities, and missing teeth, were as good at predicting heart disease as cholesterol levels.

The possible connection: oral bacteria

Bacteria from the mouth enter the bloodstream through the gums.

Oral bacteria stick to fatty plaques in the bloodstream, directly contributing to blockages.

Oral bacteria trigger an inflammatory response, causing the blood vessels to swell, reducing blood flow and increasing the risk of clots.

Proactive Prevention: Oral Health Affects Total Health

1. Regular dental checkups and professional cleanings
2. Brushing regularly
3. Flossing regularly

If you have gum disease + one risk factor of heart disease, have an annual medical exam to check your heart health.

For more information about Gum Disease visit www.FightGumDisease.com

Resources
(1) https://www.perio.org/consumer/heart_disease
(2) http://www.webmd.com/heart-disease/features/periodontal-disease-heart-health