

> Heart health

The oral health, heart health connection



According to the American Heart Association, poor oral health hasn't been proven to cause heart disease. However, studies have shown:

- > Gum disease (periodontitis) is associated with an increased risk of developing heart disease
- > Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect heart valves
- > Oral health may be particularly important if you have artificial heart valves
- > Tooth loss patterns are connected to coronary artery disease
- > There's a strong connection between diabetes and cardiovascular disease. Evidence shows that people with diabetes benefit from periodontal treatment.

Even though oral health may not be a key to heart disease prevention, it's important to take care of your teeth and gums. Be sure to:



Brush your teeth
at least twice a day



Floss daily



Schedule regular dental
checkups and cleanings

Source: www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/heart-disease-prevention/faq-20057986