

Oral Health and Your Heart

GET TO THE HEART OF THE MATTER!

Oral health not only affects your teeth and gums it can affect your heart health. There is growing evidence that the infection periodontitis (gum disease) can travel through your body. Some studies suggest the body's response to this infection can increase the risk of cardiovascular disease such as; heart attack, coronary artery disease and atherosclerosis (narrowing of the arteries). Oral bacteria can harm blood vessels or cause blood clots by releasing toxins that resemble proteins found in artery walls or the bloodstream. The immune system's response to these toxins could harm vessel walls or make blood clot more easily.

Keep up with your teeth to protect you from heart problems!

- Brush your teeth at least twice a day.
- Floss your teeth at least once a day.
- Replace your toothbrush every three to four months—or sooner if the bristles become frayed.
- See your dentist for regular checkups.

Your heart and smile will thank you for taking these preventive measures!

Visit UnitedConcordia.com for more dental health tips.



Growing evidence suggests that gum disease may have a direct impact on various types of heart disease.