

Your Heart and Oral Health: Understanding the link



Oral health problems + heart disease

- People with gum disease are more likely to have heart disease
- Both bacteria and inflammation from gum disease can cause blood clots to form, increasing the chance of a heart attack
- Tobacco use, poor nutrition and diabetes are risk factors for both conditions



Warning signs of gum disease

- Red, tender or swollen gums
- Bleeding gums while brushing or flossing
- Gums that seem to be pulling away from your teeth
- Chronic bad breath or a bad taste in your mouth
- Teeth that are loose or separating from each other

What you can do

- Be proactive about your oral health! Regular exams and cleanings are crucial to remove harmful bacteria, plaque and tartar, and to detect early gum disease
- If you suspect you might have gum disease, speak with your dentist right away
- Schedule regular dental check-ups
- Make regular dental cleanings a priority
- Brush and floss your teeth twice each day

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org

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