



South Central's Health on Blast

Gum Disease and Heart Health

- Gum (Periodontal) disease has been associated with an increased risk of developing heart disease.
- People with gum disease are TWICE as likely to develop coronary heart disease than those without gum disease.
- It is believed that the inflammation associated with gum disease is responsible for the increased risk of heart disease.
- Gum disease can also exacerbate existing heart conditions, such as infective endocarditis (infection of the lining of the heart).
- There has also been a link tied to increased risk of strokes and gum disease.
- Gum disease may be an early sign of heart disease.

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Gum Disease Symptoms

1. Red, swollen or tender gums or other pain in your mouth
2. Bleeding while brushing, flossing or eating hard food
3. Gums that are receding or pulling away from the teeth, causing teeth to look longer than before
4. Loose or separating teeth
5. Pus between gums or teeth
6. Sores in mouth
7. Persistent bad breath
8. A change in the fit or partial dentures

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Tips to Prevent Gum Disease

1. Brush Teeth after meals (don't forget to brush tongue too)
2. Floss at least once a day to remove food and debris from gums
3. Swish with mouthwash to reduce plaque & food
4. Know your risk (age, smoking, poor diet, obesity and genetics can increase risk of periodontal disease)
5. Visit dental professional every 6 months for check-up