

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**.



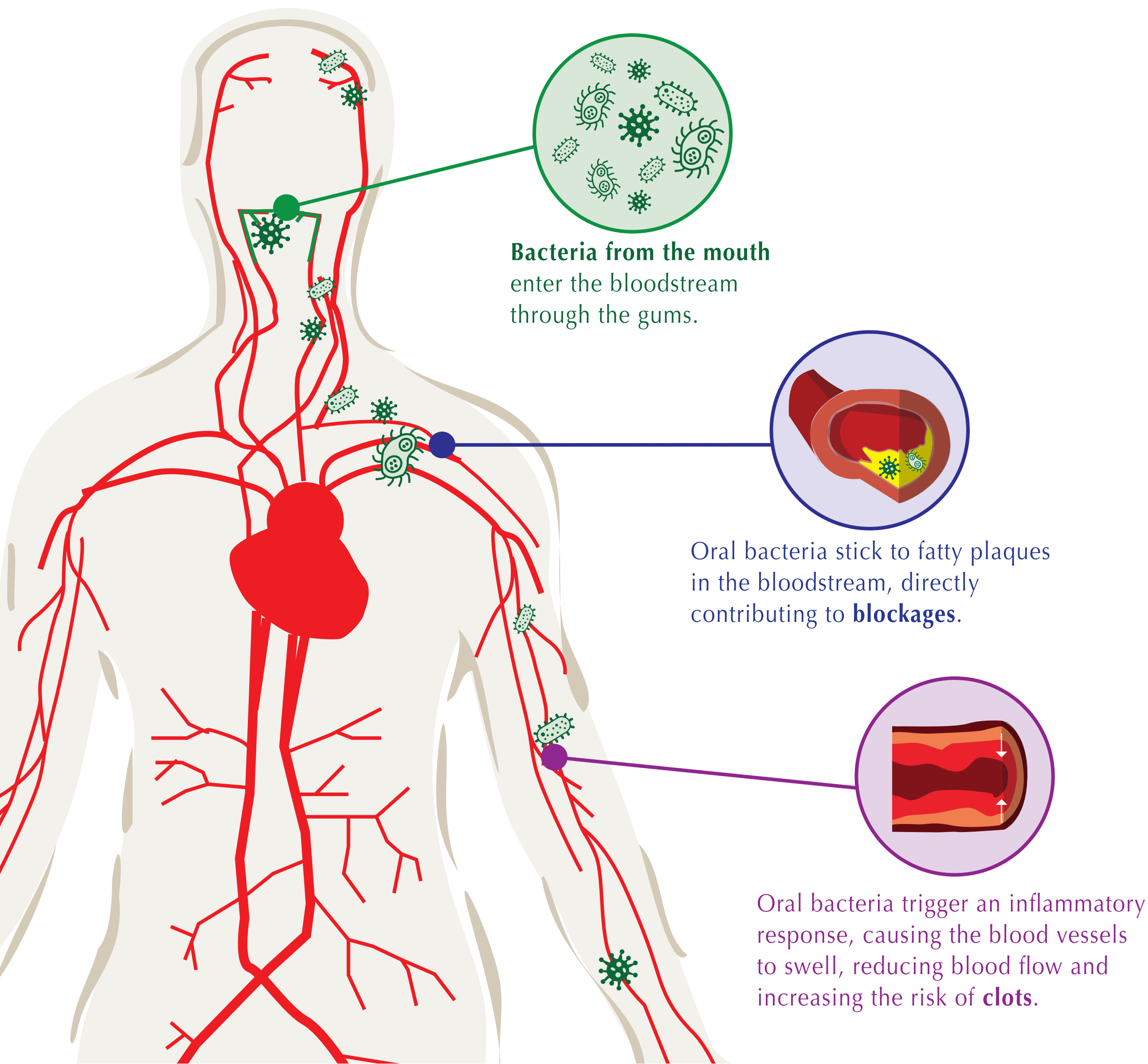
Those diagnosed with acute ischemic **stroke** (brain injury caused by a blocked blood vessel) are more likely to have gum disease.



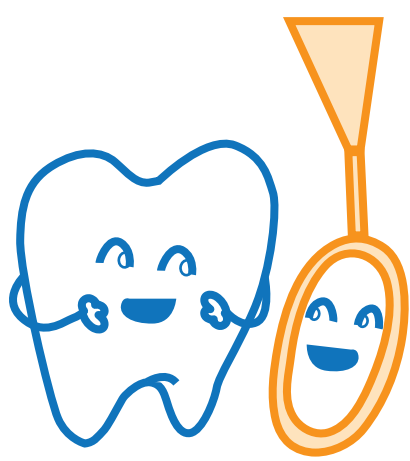
There's no crystal ball...

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

The possible connection: **oral bacteria**



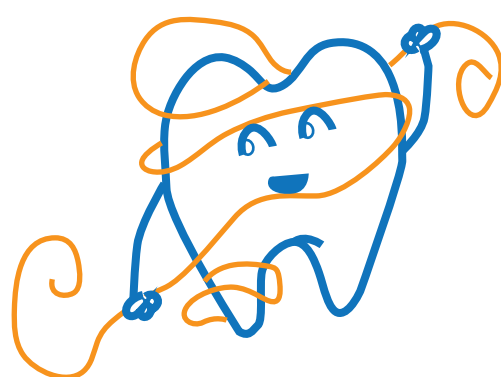
Proactive Prevention: Oral Health Affects Total Health



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.au**



Resources

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