



# Adult Care

LIBERTY cares about more than just teeth!

## help tip: Heart Conditions and Oral Health

### Good Dental Hygiene is Important for Heart Health

Here is yet another reason to brush at least twice and floss at least once every day:

- **Researchers report** that periodontal (gum) disease caused by poor oral hygiene can not only result in pain and tooth loss, but it also can lead to heart disease and stroke.
- **People with gum disease** have nearly double the risk for heart disease as those with healthy gums, according to the American Academy of Periodontology.
- **Gum infection** also is more prevalent in people who suffer a certain type of stroke. Researchers don't yet know exactly how gum disease affects heart health.
- **Bacteria from infected gums** may enter the blood and attach to fatty plaque in the heart's blood vessels. Or the inflammation from gum disease may increase plaque buildup.
- **In heart disease**, fatty proteins build up and thicken the walls of the arteries and can lead to restricted blood flow. This may then lead to a heart attack or stroke.

### fact:

Gum disease can lead to heart disease and stroke