





HEART AND ORAL HEALTH

Neglecting dental hygiene can have far-reaching consequences beyond the mouth, potentially causing harmful bacteria to spread through the bloodstream, leading to heart problems, and conditions such as endocarditis as well as increasing the risk of strokes and heart attacks.

So, remember, good oral hygiene isn't just about a nice smile; it's about keeping your whole body healthy!

Heart and Oral Health

Signs of poor oral health:

Recession or overgrowth in the gums around the teeth



People with a higher risk to develop heart issues:

Individuals with severe gingivitis or periodontitis



Individuals with heart diseases or who have had a stroke

Preventing gingivitis and periodontitis:

Have regular professional dental cleaning and dental checkups (every 6 months)

Use a tongue cleaner like a tonque scraper or tongue brush







Use interdental aids like dental floss or interproximal brushes to clean between the teeth



Eat a healthy balanced diet that

is rich in vitamins A, C, and D

Avoid smoking and other tobacco products

















