

# ORAL HEALTH & CARDIOVASCULAR DISEASE

Did you know that our oral health is linked to matters of the heart?



The mouth is the gateway to our body and can act as a window to heart health.



People with gum disease – also known as periodontal disease, have an increased risk for cardiovascular disease.



Bacteria from dental plaque can migrate and have been observed in the blood vessels of the cardiovascular system.

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## WARNING SIGNS OF GUM INFECTION:

**Red, tender or bleeding gums**

**Loose teeth**

**Sensitive teeth**

**Persistent bad breath**

**Pain when chewing**

**CHECK IT OUT!**