

Your mouth is a window into what's going on in the rest of your body. An unhealthy mouth may increase your risk of serious health problems.

Heart Disease

Bacteria from the gums attach to the coronary arteries, causing blood clots. These clots can obstruct the regular blood flow, restricting the appropriate amount of oxygen and nutrients necessary for the heart to function. When this happens, the body is at a high risk of heart attack or stroke.



Another possibility is that the inflammation caused by periodontal disease increases plaque buildup, which may be a factor in the swelling of the arteries.

Researchers have found that people with periodontal disease are about twice as likely to suffer from coronary artery disease as those without periodontal disease.

Regular periodontal screenings and evaluations, treatment, and professional maintenance are critical to the long-term management of periodontal disease.

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Periodontitis

Gum disease also known as periodontal disease, is one of the most common infections—often more prevalent than the common cold. Common signs of gum disease include bleeding gums, or pus between the teeth. Left untreated, this chronic infection can destroy the bone that supports the teeth and may lead to tooth loss and increase risk for other systemic diseases.



Risks Factors:

Smoking. Need another reason to quit smoking? Smoking is one of the most significant risk factors associated with the development of periodontitis. Additionally, smoking can lower the chances of success of some treatments.

Hormonal changes in girls/women. These changes can make gums more sensitive and make it easier for gingivitis to develop.

Diabetes. People with diabetes are at higher risk for developing infections, including periodontal disease.

Stress. Research shows that stress can make it more difficult for our bodies to fight infection, including periodontal disease.

Medications. Some drugs such as antidepressants and some heart medicines, can affect oral health because they lessen the flow of saliva. (Saliva has a protective effect on teeth and gums.)

Illnesses. Diseases like cancer or AIDS and their treatments can also affect the health of gums.

Genetic Susceptibility. Some people are more prone to severe periodontal disease than others.