

Did you know that your oral health could be linked to your heart health?

Understanding The Connection



Research has increasingly shown that the health of your mouth may be closely intertwined with the health of your heart. The mouth is the gateway to the body and the presence of oral infections, particularly gum disease, has been linked to an increased risk of developing heart disease and other cardiovascular conditions. By taking proactive steps to care for our teeth and gums, we can potentially reduce the risk of heart-related issues and promote overall well-being.

Here are a few tips on taking better care of our gums and teeth

- Brush at least twice daily with a soft bristle toothbrush.
- Floss at least once a day (nightly) to remove plaque and bacteria from below the gum line.
- Brush all tooth surfaces (top, inner surface, and outer surface) for 2 minutes. Count to 30 seconds while brushing each quadrant.
- Replace your toothbrush every 3 months to ensure its effectiveness.
- Use a fluoride toothpaste to help decrease your risk of cavities. If tolerated, do not rinse after brushing to allow the fluoride to sit on the tooth surfaces.
- Visit your dentist regularly to detect any early signs of gum disease. Make an appointment every 6 months.
- Limit your consumption of sugary beverages and added sugars.
- Drink water! Water helps to neutralize acids in the mouth and can help wash away bacteria!
- Keep snacking to a minimum- the more we snack the more our teeth are exposed to acids and sugars. Drinking water with your snacks or rinsing your mouth afterwards can help reduce your exposure.
- Crunchy fruits and veggies (apples, carrots, celery, cucumbers) can help to scrub bacteria from our tooth surfaces and help control plaque build up.
- Be aware of the signs of gum disease:
 - Red, swollen, and sore gums
 - Bleeding gums after brushing, flossing, or eating
 - Pus or discharge between the teeth and gums
 - Loose teeth or teeth that easily fall out
 - Receding gums (gums that appear to be shrinking)
 - Plaque buildup around the bottom of the teeth
 - Persistent bad breath