



# Your Heart and Oral Health

## Oral health problems + heart disease

- People with gum disease are more likely to have heart disease.
- Both bacteria and inflammation from gum disease can cause blood clots to form, increasing the chance of a heart attack.
- Tobacco use, poor nutrition and diabetes are risk factors for both conditions.



### Warning signs of gum disease

- Red, tender or swollen gums.
- Bleeding gums while brushing or flossing.
- Gums that seem to be pulling away from your teeth.
- Chronic bad breath or a bad taste in your mouth.
- Teeth that are loose or separating from each other.

### What you can do

- Be proactive about your oral health! Regular exams and cleanings are crucial to remove harmful bacteria, plaque and tartar, and to detect early gum disease.
- If you suspect you might have gum disease, speak with your dentist right away.
- Make regular dental cleanings a priority, schedule regular dental check-ups.
- Brush and floss your teeth twice each day.



**The Power of Smile™**  
Learn more about how your oral health connects to your overall health at:  
[DeltaDentalNE.org](http://DeltaDentalNE.org)