



Healthy smiles, healthy hearts

Taking care of your teeth and gums can help keep your heart healthy, too. Studies show that gum disease and heart disease share some of the same causes. These include getting older, smoking, family history, stress, certain medicines, poor eating habits, and being overweight.¹

Another cause is plaque. Plaque is a sticky film of bacteria that builds up on your teeth. If not cleaned off, it can lead to gingivitis, which makes your gums red, swollen and bleed easily. If gingivitis gets worse, the plaque can move under your gums. Then, bacteria can get into your blood. This may raise your risk for heart disease.²



Here is the good news. You can lower your risk by brushing and flossing every day and visiting the dentist regularly. These simple steps help keep your mouth, heart, and body healthy.

Did you know?

Over 70% of Americans age 65 and older
have gum disease.¹



Quick bites

Signs of gum disease—talk to your dentist if you notice:

- Gums that bleed easily
- Red, swollen, or sore gums
- Gums pulling away from your teeth
- Bad breath or a bad taste that won't go away
- Loose teeth
- Changes in how your teeth fit together
- Dentures that don't fit like they used to



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1. American Academy of Periodontology, "Gum Disease and Heart Disease," web. 2. Van Dyke, TE and van Winkelhoff, AJ, "Infection and Inflammatory Mechanisms," Journal of Clinical Periodontology 40, suppl. 14 (2013): S1-S7.