

SPOTLIGHT ON: ORAL HEALTH & CARDIOVASCULAR DISEASE

Why our oral health is inextricably linked to matters of the heart.

As William Shakespeare once said, 'the eyes are the window to your soul'; yet the eyes aren't the only body part to offer a glimpse into your overall well-being. **Did you know that 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.¹

Here's why plaque on your teeth may be connected to plaque in your arteries:



Gingivitis can lead to periodontitis which is chronic gum inflammation; which causes bacteria and toxins to circulate in the bloodstream to atherosclerotic plaque sites in the body.²



Atherosclerotic plaque sites are where fats, cholesterol, calcium and fatty deposits build up in the artery walls. They play a role in the majority of heart attacks and many strokes as they can rupture and cause a blood clot to develop to cover the break, which in turn can block blood flow.



When 'bad' cholesterol accumulates in the blood vessels, it can cause a corrosive process - similar to rusting pipes - which stimulates an inflammatory response by the body's immune system. The accumulates in the blood vessels are also made up of plaque that has migrated from the mouth to the cardiovascular system.



Rather than restoring the artery walls, this inflammation can further enlarge plaque build-up or rupture³, triggering the inflammatory cycle.

What are the warning signs of gum infections?⁴



- Red, swollen or tender gums
- Bleeding gums
- Receding gums
- Loose teeth
- Sensitive teeth
- Persistent bad breath
- Pain when chewing

DID YOU KNOW?

P. gingivalis and other oral bacteria have been observed in human arteries at the sites where arterial plaque builds-up.⁵





HOW CAN I KEEP GUM DISEASE AT BAY AND HELP PROTECT MY HEART HEALTH?

First line of defence against gum disease focuses on eliminating toxic plaque through:

Practicing a robust oral hygiene routine which incorporates antimicrobial products which are proven to prevent plaque and inflammation.

Incorporating products containing stannous fluoride dentifrice which can help to protect your gums against bacterial plaque.

Visiting a Periodontal expert for periodontal therapy can help control and decrease periodontal infection and inflammation.⁶

Oral-B is leading the way in innovation, technology and research to help protect your oral health and educate you about the connections between oral health and overall health.

Electric Toothbrush with a Round-Head

Oral-B is the category leader in oscillating-rotating electric toothbrushes. The Oral-B iO's revolutionary technology removes 100% more plaque than a manual brush to give you that professional clean feeling every single day.

Stannous Fluoride Toothpaste

Oral-B Stannous Fluoride (SnF₂) toothpaste helps to protect your gums against bacterial plaque.

Mouth Rinse

Mouth rinses containing bioavailable Cetylpyridinium Chloride (CPC) formulated at 0.07% helps to reduce plaque.

Interdental Cleaning

Plaque easily accumulates and hides between teeth where toothbrushing can't reach. Regular cleaning between teeth helps to remove plaque and helps to protect gums.

Regular Oral-Health Check-Ups

Partner with your dental professional regularly to prevent and detect signs of gum infection at its earliest stages.

Follow a holistic Oral-B regimen for a happy healthy mouth and body!

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