



Healthy Smiles, Healthy Hearts

Taking good care of your teeth and gums may be a key factor to good heart health.

Studies have shown that gum disease and heart disease have similar underlying causes, such as age, genetics, stress, poor nutrition and more.¹ But another key connection is the buildup of dental plaque.

- Gingivitis, an early stage of gum disease, occurs when bacteria in the mouth grow into plaque, causing inflammation and bleeding in the gums.¹
- When left untreated, plaque can spread below the gum line, allowing bacteria to enter the bloodstream.
- Inflammation and bacteria in the bloodstream are believed to increase the risk for heart disease.²

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.

Keeping your smile healthy is an important part of keeping your body healthy. For tips, tools and resources to help you improve and maintain your oral and overall health and wellness, visit Delta Dental's website.