

Healthy gums for a healthy heart

Periodontitis and cardiovascular disease are both widespread conditions among the world's population

General facts



Cardiovascular disease

17.9 million deaths globally per year (1/3 of deaths)
In Europe, 3.9 million deaths per year (45% of deaths)

Prevalence:

Nearly 500 million people worldwide affected by CVD in 2017



Periodontitis

50% of global population

Prevalence:

Approx. **800 million** people around the world with **severe forms**



Both cardiovascular disease (CVD) and periodontitis are **non-communicable diseases (NCD)** - i.e. diseases that are not transmissible directly from one person to another.



NCD account for **€115 billion** of healthcare costs in Europe per year.



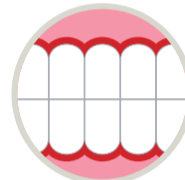
What you need to do

You should be aware that gum disease is a chronic condition that may aggravate CVD and requires lifelong attention and professional care.

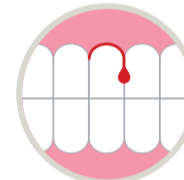
Signs of gum disease include:

If you notice any of these signs, make an appointment with your dentist.

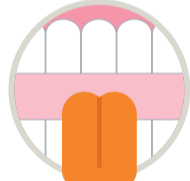
The earlier you seek help the better the outcome will be.



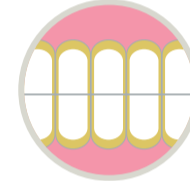
Red or swollen gums



Bleeding gums or blood in the sink after tooth brushing



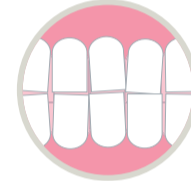
Foul taste in the mouth



Calculus (tartar) on teeth



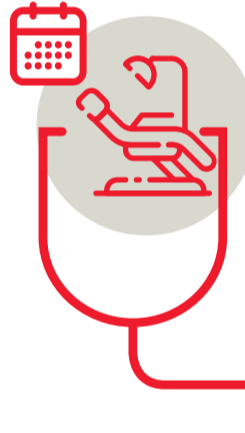
Longer-looking teeth



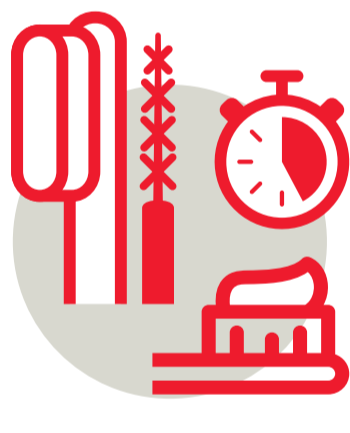
Increasing spaces between teeth or teeth moving apart



Loose teeth



So, you should receive regular dental check-ups (at least once a year) as part of managing your CVD.



You should clean your teeth and gums very carefully at home:

- Brush at least twice a day, for at least two minutes, using either a manual or an electric toothbrush.
- Clean between teeth using interdental brushes; if brushes do not fit, then dental floss may be useful.
- Use specific toothpastes and/or mouth rinses with proven activity against dental plaque, if advised by your dentist or dental hygienist.

You should inform your dentist about the outcome of your visits to your doctor/cardiologist and provide updates on your CVD history and any changes in your medications.

You should inform your dentist if you are taking anticoagulant medication.



Remember

If you have CVD, you may have a higher chance of further complications as a result of gum disease.

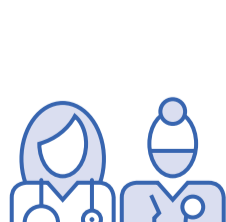
Gum disease may also be present and get worse with no apparent signs (especially if you smoke).



It is important to keep your mouth and whole body as healthy as possible with regular dental and medical visits.



Healthy gums for a healthy heart



visit your doctor and dentist regularly



clean your teeth twice a day



stay active, exercise



eat healthy foods, watch your weight



do not smoke