

♥ Health Minute

Healthy teeth for a healthy heart...

Did you know that keeping your teeth and gums healthy could also help your heart? Turns out that people with gum disease have an increased risk of heart disease. The bacteria that causes periodontitis (gum disease) causes chronic inflammation within the circulatory system which can lead to heart attack and stroke. A study in the Archives of Internal Medicine found a significant association between high levels of plaque-causing bacteria and people with heart disease. Break out your toothbrush and brush your way to heart health!



Dental tips	Heart- healthy teeth
<ul style="list-style-type: none">♥ Brush twice a day with fluoride toothpaste♥ Clean between your teeth daily with dental floss or similar device♥ Eat a balanced diet♥ Limit between-meal snacks	<ul style="list-style-type: none">♥ Have your teeth cleaned and examined regularly by a dental professional♥ Replace your toothbrush every 3 to 4 months – sooner if the bristles become frayed♥ Need help finding a dentist? Ask a friend or try www.ada.org