

Heart and Periodontal Disease

It's possible that if you have periodontal disease, you may be at risk for cardiovascular disease...

For a long time we've known that bacteria may affect the heart. Now evidence is mounting that suggests people with periodontal disease-a bacterial infection, may be more at risk for heart disease, and have nearly twice the risk of having a fatal heart attack, than patients without periodontal disease.

While more research is needed to confirm how periodontal bacteria may affect your heart, one possibility is that periodontal bacteria enter the blood through inflamed gums and cause small blood clots that contribute to clogged arteries.

Another possibility is that the inflammation caused by periodontal disease contributes to the buildup of fatty deposits inside heart arteries.

One out of every 5 Americans has one or more types of heart disease. If you are one of these Americans, or if you are at risk for periodontal disease, see a periodontist for a periodontal evaluation-because healthy gums may lead to a healthier body.

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