



Gum disease and cardiovascular (heart) disease



Advice for patients

1

Gum disease and heart disease are both common conditions

Heart disease includes any condition which affects your heart such as high blood pressure, stroke, atrial fibrillation etc.

Gum disease is a chronic condition, which is often asymptomatic until the end stages. If gum disease is left untreated, there is an increased risk of heart disease.

2

Common signs of gum disease include:
- bleeding gums
- red or swollen gums
- receding gums
- wobbly teeth

If you notice any of these signs, attend a dentist visit as soon as possible.



3

At a regular dental check-up your dentist will be able to check for any signs of gum disease and provide you with oral hygiene advice and gum treatment as required.

Make sure you keep your dentist, hygienist or therapist up to date with your medical status, including any treatments you are undergoing and medicines or drugs you are taking.



It is advised you attend regular dental check-ups at least once a year, regardless of whether you have gum disease or not!

4

At home, you should **maintain excellent oral hygiene through toothbrushing on a daily basis**. Make sure you also clean in between your teeth at least once a day.



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Healthy lifestyle habits such as following a **healthy diet, stopping smoking, exercising regularly and reducing stress** can all reduce your risk and complications of heart disease.



British Society of Periodontology and Implant Dentistry

Website: www.bsperio.org.uk