



In partnership with:



## SPOTLIGHT ON: ORAL HEALTH & CARDIOVASCULAR DISEASE

### Why our oral health is inextricably linked to matters of the heart.

As William Shakespeare once said, ‘the eyes are the window to your soul’; yet the eyes aren’t the only body part to offer a glimpse into your overall well-being.

**Did you know that the mouth is the gateway to our body and can act as a window to heart health?**

People with gum disease - also known as periodontal disease - have an increased risk for cardiovascular disease.<sup>1</sup>

### Here’s why plaque on your teeth may be connected to plaque in your arteries:



Gingivitis can lead to periodontitis which is chronic gum inflammation; which causes bacteria and toxins to circulate in the bloodstream to atherosclerotic plaque sites in the body.<sup>2</sup>



Atherosclerotic plaque sites are where fats, cholesterol, calcium and fatty deposits build up in the artery walls. They play a role in the majority of heart attacks and many strokes as they can rupture and cause a blood clot to develop to cover the break, which in turn can block blood flow.

#### What are the warning signs of gum infections?<sup>4</sup>



- Red, swollen or tender gums
- Bleeding gums
- Receding gums
- Loose teeth
- Persistent bad breath
- Pain when chewing

#### DID YOU KNOW?

*P. gingivalis* and bacteria from dental plaque have been observed in human arteries at the sites where arterial plaque builds-up.<sup>5</sup>





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## HOW CAN I KEEP GUM DISEASE AT BAY AND HELP PROTECT MY HEART HEALTH?

The first line of defence against gum disease is to regularly remove dental plaque by:

Removing plaque every day with twice daily brushing, with a fluoride toothpaste that has antibacterial properties to help prevent plaque and inflammation. Cleaning in between teeth daily with interdental brushes or floss.

Using products containing stannous fluoride dentifrice which can decrease the harmful effects of bad bacteria.

Visiting your dental team regularly, they can give you both advice & treatment to help you control and decrease gum disease and periodontal disease.<sup>6</sup>

## Oral-B is leading the way in innovation, technology and research to help protect your oral health and educate you about the connections between oral health and overall health.

### Electric Toothbrush with a Round-Head

Electric toothbrushes are proven to remove more plaque than a manual toothbrush. They give you a professional clean feeling every day. Oscillating rotating toothbrushes with a small round head produce the best results. The Oral B iO's revolutionary technology removes 100% more plaque than a manual brush to give you that professional clean feeling every single day.

### Stannous Fluoride Toothpaste

Oral-B Stannous Fluoride (SnF<sub>2</sub>) toothpaste helps to protect your gums against bacterial plaque.

### Mouth Rinse

Mouth rinses containing Cetylpyridinium Chloride (CPC) formulated at 0.07% help to reduce plaque.

### Interdental Cleaning

Plaque easily accumulates and hides between teeth where toothbrushing can't reach. Regular cleaning between teeth with interdental brushes or floss helps to remove plaque and helps to protect gums.

### Regular Oral-Health Check-Ups

Visit your dental professional regularly to prevent and detect signs of gum infection at its earliest stages.

**Follow a holistic Oral-B regimen for a happy healthy mouth and body!**



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