



Hypertension and Gum Disease, Is there a link?

Interesting Facts:

- According to the American Heart Association:
 - 75 million people in the United States 20 and older have high blood pressure (HBP), only 77.6% are aware of their condition
 - One in three adults has HBP, 55.9% do not have it under control
 - In 2006 HBP killed 56,561 people in the United States
- According to the American Academy of Periodontology:
 - Three out of four Americans suffer from some form of gum disease
 - ONLY about 3% seek treatment
 - Gum disease may be linked to several other diseases, including diabetes, heart disease and certain forms of cancer

What You Should Know:

- Patients with severe gum disease have 21% higher health care costs as compared to those with no gum disease
- Preventing or treating gum disease may help reduce overall health care expenses
- There is evidence of a direct relationship between levels of bacteria that cause gum disease and hypertension

What You Should Do:

- ASK your Dentist or Hygienist to do a comprehensive periodontal evaluation for you at least once per year and a periodontal screening at every visit
- If you have gum disease and HBP you should have a salivary diagnostic test to determine the type and amount of bacteria in your mouth
- If periodontal treatment is recommended, do it.
- Get your teeth professionally cleaning 4 times per year
- ASK your Dentist or Hygienist to outline a daily home care routine that meets your specific needs
- For more information visit: www.americanheart.org & www.perio.org

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