



Your Heart and Your Periodontal Health

Interesting Facts:

- There is a relationship between periodontal disease and heart disease
- The association between periodontal disease and coronary heart disease among men <60 years of age is significant
- Periodontal disease increases your risk of heart disease
- The bacteria: Pg, Tf and Pi have been specifically identified as harmful

What You Should Know:

- Heart Disease is the number one killer of women
- Specific types of periodontal bacteria (Pg, Tf & Pi) increase your risk of heart disease and nonfatal heart attack
- The greater the number of pathogens, the greater the level of risk
- Elevated levels of C-Reactive Protein (CRP) increases risk of cardiovascular events

What You Should Do:

- *Have* a salivary DNA-PCR test performed to determine the specific type and concentration of harmful periodontal bacteria in your mouth.
- *Have* a CRP blood test along with any other recommended blood testing
- *Have* your blood pressure checked at least once every 3 months.
- *Ask* your Hygienist about the health of your gum tissue.
- *Listen carefully* to the pocket measurements called out loud at your hygiene visit. Normal readings are 1-3 millimeters.
- *Ask* for a mirror so you can see for yourself the health of your gums...
AND remember ~ Healthy gums don't bleed!
- *If you have bleeding gums, ask* what can be done to treat the condition and have the treatment completed.
- *Have* your teeth cleaned every 3 months.

Source: Circulation 2008 Apr1;117(13):1688-74

Title: "Age-dependent associations between chronic periodontitis/edentulism and risk of coronary heart disease."

Authors: Dietrich T, Jimenez M, Krall Kaye EA, Vokonas PS, Garcia RI

Source: J Periodontol Res 2011 Mar 21. doi: 10.1111/j.1600-0765.2011.01356.x.

Title: Porphyromonas gingivalis lipopolysaccharide (LPS) alters atherosclerotic-related gene expression in oxidized low-density-lipoprotein-induced macrophages and foam cells.

Author: Lei L, Li H, et al.

Source: Community Dent Oral Epidemiol. 2011 April;39(2):177-85

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Title: Association between periodontal pathogens and risk of nonfatal myocardial infarction
Authors: Andriankaja O, Trevisan M, et al.

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