



Coronary Heart Disease and Your Dental Health

Interesting Facts:

- There is a relationship between periodontal disease and coronary heart disease, angina and/or myocardial infarction especially in men.
- The association between periodontal disease and coronary heart disease among men <60 years of age is significant. These patients did not have diabetes, high blood pressure, high cholesterol or smoking in their history. .
- There was no such association found among men > 60 years of age.

What You Should Know:

- Chronic (simultaneous healing and destruction) periodontal disease is associated with the incidence of coronary heart disease among men with no previous risk of cardiovascular disease who are less than 60 years of age.
- Heart Disease is the number one killer of women.

What You Should Do:

- *Have* your blood pressure checked at least once every 3 months.
- *Ask* about the health of your gum tissue.
- *Listen carefully* to the pocket measurements called out loud at your next hygiene visit. Normal readings are between 1 and 3 millimeters.
- Ask for a mirror so you can see for yourself the health of your gums. Healthy gums don't bleed.
- If you have any bleeding gums, ask what can be done to treat the condition.

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

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

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