



Periodontal Disease & Coronary Heart Disease – Is There a Link?

Interesting Facts:

- Coronary Heart Disease (CHD) is usually caused by atherosclerosis.
- Atherosclerosis is a narrowing of the blood vessels that supply blood and oxygen to the heart.
- CHD and periodontal disease (PD) are genetically related.
- PD is a chronic inflammatory disease.

What You Should Know:

- CHD and PD affect similar patient populations, so if you have one you are likely to have the other.
- Symptoms of CHD are typically chest pain (angina), shortness of breath, heart attack, also heaviness, tightness, pain, burning, pressure, or squeezing, usually behind the breastbone but sometimes also in the arms, neck, or jaws.
- There is a common genetic contribution to increased risk for both diseases since on a DNA strand, the same sequence of genes predisposes to both conditions.
- Both diseases are associated with chronic inflammation and have the following similar risk factors:
 - ✓ Heredity / genetics
 - ✓ Diabetes
 - ✓ High blood pressure
 - ✓ High LDL "bad" cholesterol
 - ✓ Low HDL "good" cholesterol
 - ✓ Menopause
 - ✓ Lack of physical activity/exercise
 - ✓ Obesity
 - ✓ Smoking
 - ✓ Elevated levels of C-Reactive Protein
 - ✓ Elevated levels of fibrinogen

What You Should Do:

- Evaluate your diet and exercise routine.
- See your Dental Hygienist/Dentist twice per year, more often if you are at increased risk.
- Check your blood pressure on a regular basis.
- If you take blood pressure medication and your BP is not normal, talk to your MD about changing your medication.

Blood Pressure Guidelines

Category	Systolic		Diastolic
Normal	<120	and	<80
Pre-Hypertension	121-139	or	80-89
Hypertension Stage I	140-159	or	90-99
Hypertension Stage II	>160	or	>100