



Renaissance®
DENTAL · VISION · LIFE · DISABILITY

HEALTHY SMILES *Healthy Hearts*



More than **70 percent** of Americans, **65 and older**, have **periodontitis** (an advanced stage of gingivitis).¹



Talk to your dentist if you notice any **changes or abnormalities** in your oral health like dry mouth.



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Taking good care of your teeth and gums may be a key factor to good heart health.

Studies have shown that both periodontal (gum) disease and heart disease have similar underlying causes including age, tobacco use, genetics, stress, medications, poor nutrition, and obesity.¹

However, another causal factor is the buildup of dental plaque over time. Gingivitis, an early stage of gum disease, occurs when bacteria in the mouth grow into plaque, causing inflammation and bleeding in the gums.¹ When left untreated, the plaque can spread below the gum line, allowing bacteria to enter the bloodstream. Due to the inflammation and the spread of bacteria into the bloodstream, it's believed that there is an increased risk for other systemic diseases such as heart disease.²

But here's the good news! You can reduce your risk of heart disease and periodontal disease by simply practicing good oral health habits every day. Regular brushing, flossing and dental visits are more important than ever for your mouth, heart and general overall wellness.

Quick Bite

talk to your dentist if you notice any of these indicators of gum disease:

- ✦ Visit your dentist on a regular basis even if you have dentures.
- ✦ Drink fluoridated water and brush with fluoridated toothpaste twice each day.
- ✦ Don't forget to floss each day.
- ✦ Limit alcohol and avoid tobacco use to reduce your risk of oral health problems.
- ✦ Ask a family member or caregiver to help you stay on track with your daily oral hygiene.

for more information please visit:

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1) American Academy of Periodontology, "Gum Disease and Heart Disease," web. 2) Van Dyke, TE and van Winkelhoff, AJ, "Infection and Inflammatory Mechanisms," Journal of Clinical Periodontology 40, suppl. 14 (2013): S1-S7.