

## Is Your Dental Health Affecting Your Medical Health?

Research study shows that habitual inflammation from **gum disease** is **associated with** the development of **cardiovascular problems** such as heart disease, blockages of blood vessels, and even strokes. There are links between gum disease and health problems, so make sure you take good care of your oral health.

A recent study also said that people who suffered from swollen and bleeding gums did not perform as well on tests of **memory** and other cognitive skills as those who did with healthier gums. Not taking adequate care of your mouth can also result in infections in different parts of the body especially in older people. Development of **pneumonia**, bacteria in the mouth travelling to the lungs and causing infection or worsening lung conditions are some of the ill effects of poor oral hygiene. Other studies have also found a connection between gum disease and inflammation of the joints.

If you suffer from **uncontrolled diabetes**, there are more chances of suffering from gum disease. Diabetes makes you more susceptible to infections, which increase the chances of gum problems. It is very important to take good care of your teeth.

It has also long been established that pregnant women may experience swollen and infected gums. Visit your dentist regularly as part of your prenatal care.

Indeed, proper dental hygiene should reduce the risk of **atherosclerosis**, stroke or heart disease independently of other measures, such as managing cholesterol.

It has been long suspected that atherosclerosis is an inflammatory process, and that periodontal disease plays a role in atherosclerosis.

So don't brush aside this research! "**Taking good care of your teeth and gums can greatly reduce your risk of developing serious diseases,**" lead author Mario Clerici said. Regular hygiene appointments are important, but being effective in your daily homecare can make the biggest difference. Ask about how we help more.