

THE HEART OF THE MATTER



According to Time Magazine: More than 500,000 women in the US die each year of cardiovascular disease, making it, not breast cancer (40,000 deaths annually), their No. 1 killer.

- For years there have been hints and hypotheses that heart disease and periodontal (gum and bone) disease are associated or share common factors. (Note: gum disease is also implicated in diabetes, strokes, low birth weight babies, and possibly pancreatic cancer)
- Alarmingly, according to the American Association of Periodontology, at least 35% of US adults aged 30-90 have Periodontitis which has been found in many studies to increase levels of 2 important biomarkers of heart disease which are C-reactive protein (CRP) and Lipoprotein-associated Phospholipase A2 (Lp-PLA2).
- Recent research has found unequivocal evidence that treating gum disease regresses a standard measure of atherosclerosis (thickening of the arteries)*
*Treatment of periodontal disease results in improvements in endothelial dysfunction...Piconi et al. FASEB J.2008; 0: fj.08-119578v1
- What can you do to do prevent your heart and mouth from potentially killing you or a friend?

Look for the early warning signs: Persistent swollen, red or bleeding gums, tooth sensitivity, and bad breath

Check your risks of gum disease (go to www.perio.org/consumer/4a.html)

If you think you have had a heart attack (continued feeling of heartburn; pain or tightness in your jaw or chest; shortness of breath, etc.) go to an emergency room and insist on a CBE Test (Cardiac Blood Enzyme) to see if CPK, LDH, SGOT enzymes were released indicating a heart attack!

Visit us regularly and let us know of any changes in your health and wellness.

Floss as if your life depended on it—because it does!

Use your mouth (Please tell your friends about this)

**You will now have three reasons to smile –
Whiter teeth, a potentially healthier heart, and helping save the lives of others.**

