

YOUR HEART HEALTH STARTS IN YOUR MOUTH

Simple Daily Actions That Make a Big Difference

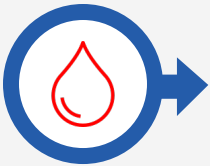
The Shocking Truth:

- ✓ Gum disease bacteria have been found in arteries of heart attack victims (AHA)
- ✓ People with infected gums are **2-3x more likely** to suffer heart disease or stroke
- ✓ Untreated gum disease is associated with high blood pressure (Hypertension Journal, 2019)

The Good News: With 8-10 minutes a day, you can protect your heart and your smile.

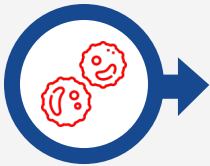


The Journey of Destruction:



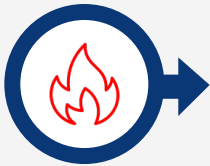
Bleeding Gums

Open wound in your mouth



Bacteria Enter

Travel into bloodstream



Arteries Inflate

Plaque builds and narrows vessels



Heart Attack

Blocked blood flow

Real Fact: The surface area of infection in severe gum disease = the size of your palm.
Would you ignore a wound that size anywhere else?

Check Your Risk RIGHT NOW

Do You See These Signs?

- ☐ Pink on toothbrush after brushing
- ☐ Blood when flossing
- ☐ Puffy or red gums
- ☐ Loose teeth
- ☐ Chronic bad breath
- ☐ Spaces between teeth

If you checked ANY box = infection may be entering your bloodstream

The Numbers You Can't Ignore



47%

of U.S. adults have gum disease (CDC)



2-3x

higher risk of heart disease with gum disease (AHA)



\$200k+

average cost of a heart attack



<\$200

annual cost for prevention

Take Action Today

Your Complete Heart Protection Plan

Daily Oral Routine: (8-10 minutes a day)

1. **Brush 4 full minutes** - Use a 2-minute timer on each arch (top and bottom teeth). An electric toothbrush removes 10x more bacteria.
2. **Clean thoroughly in between your teeth** - Use interproximal brushes, directed water irrigation, or floss to remove bacteria between teeth
3. **Clean your tongue** - Use a tongue scraper for 5 seconds
4. **Check for pink or blood** = infection
5. **Test with disclosing tablets** - See spots you missed and improve your cleaning routine.

Can't floss? A water flosser (\$30-40) makes it easy and works just as well

Questions for Your Healthcare Team

For Your Dentist:

☐ What are my gum pocket numbers? _____

☐ Do I have any bone loss? ☐ Yes ☐ No

☐ Which teeth need extra attention? _____

For Your Doctor:

☐ I have gum disease. Should we check my heart health?

☐ Do I need antibiotics before dental work?

See a Dentist This Week:

- ✓ Throbbing tooth pain
- ✓ Face swelling
- ✓ Fever + tooth pain



Call 911:

- ✓ Chest pain + jaw pain
- ✓ Can't swallow + mouth swelling



Your 30-Day Action Plan

WEEK 1:

- ☐ Buy electric toothbrush
- ☐ Set 2-minute timer
- ☐ Check for bleeding

WEEK 2-3:

- ☐ Schedule dental cleaning
- ☐ Practice new routine
- ☐ Tell family members

WEEK 4:

- ☐ Bring this to your doctor
- ☐ Track your progress
- ☐ Celebrate healthier gums!

EVERY DAY WITHOUT ACTION = MORE RISK
TO YOUR HEART

You now know what 53% of Americans don't: how to protect your heart by protecting your mouth.
What you do next matters.

SAVE YOUR LIFE IN 5 MINUTES A DAY

Visit Our Website

Donate Now