

YOUR HEART HEALTH STARTS IN YOUR MOUTH

A Guide to Protecting Your Heart Through Oral Care

Questions to Bring to Your Healthcare Team



"Can gum disease really affect my heart?"

Yes. People with gum disease are 2-3 times more likely to have heart disease or stroke. Treating gum disease helps protect your heart.



"How does oral infection raise blood pressure?"

Oral bacteria travel in your bloodstream, triggering inflammation that can raise blood pressure and interfere with medications.



"What if I already have high blood pressure or heart problems?"

Good dental care is even more important. Tell both your dentist and doctor about your heart condition for coordinated care.



"Is dental treatment safe with my heart condition?"

Yes, with proper precautions. Your dentist may consult with your cardiologist and might recommend antibiotics before procedures.

Did You Know?

50% of heart attacks may be triggered by oral infections.
Taking care of your mouth is one of the simplest ways to protect your heart!



Learn More

Visit Our Website

thedentalmedicalconvergence.org

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Help us save lives through
oral-heart education

Daily Care & Important Information



"What's the best daily routine to protect my heart through oral care?"

- ✓ Brush at least once daily for 4 minutes with toothpaste
- ✓ Clean in between your teeth once daily to remove bacteria - use interdental brushes, directed water irrigation, or floss
- ✓ Rinse after meals with water
- ✓ Avoid smoking—it doubles both gum and heart disease risk



"How do I know if my gums are affecting my heart?"

Warning signs: Bleeding when brushing, puffy/red gums, persistent bad breath, and loose teeth. These mean bacteria may be entering your bloodstream.



"How often should I see a dentist with heart disease?"

Every 3-4 months for professional cleanings if you have heart disease or gum problems. Otherwise, at least twice yearly.



"Do oral infections affect my heart medications?"

Yes. Gum inflammation may interfere with blood pressure and cholesterol control. Tell your doctor about any dental issues.

Small Steps Make a Big Difference!

Quick Tips

- ✓ Keep travel toothbrush at work
- ✓ Set 2-minute timer for each upper and lower arch when brushing
- ✓ Track bleeding—tell your dentist
- ✓ Replace toothbrush every 3 months



When to Call

- ✓ Tooth pain with swelling
- ✓ Persistent bleeding gums
- ✓ Chest + jaw pain (call 911)
- ✓ Sudden tooth looseness



Find Affordable Care:

- ✓ Community health centers (dental + medical)
- ✓ Dental schools for supervised care
- ✓ Medicaid dental providers
- ✓ American Heart Association resources
- ✓ Visit our website for local help



**HEALTHY MOUTH, HEALTHY HEART,
HEALTHIER LIFE**