

A HEALTHY MOUTH, A HEALTHY HEART

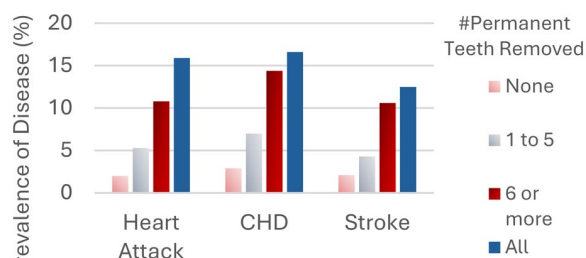
What You Need to Know

- ❖ Oral health plays a crucial role in overall well-being.
- ❖ Gum disease (Periodontal disease) is an infection of the tissues that support the teeth and is a major cause of tooth loss in adults.
- ❖ Recent research shows a significant link between oral health and cardiovascular disease, highlighting the importance of maintaining good dental hygiene for a healthy heart.
- ❖ The bacteria that infect the gums and cause gingivitis and periodontitis also travel to blood vessels elsewhere in the body where they cause blood vessel inflammation and damage; tiny blood clots, heart attack and stroke may follow.

Mississippi Statistics

- Prevalence of cardiovascular conditions increased with the number of teeth lost among Mississippi adults.
- For heart attack, the rate rose from 2.0% for those with no teeth removed to 10.8% for those who had lost all their teeth.
- Similarly, coronary heart disease (CHD) increased from 2.9% in individuals with no teeth removed to 14.4% for those who had lost all their teeth.
- Stroke prevalence also followed this pattern, rising from 2.1% for those with no teeth removed to 10.6% for those who had lost all their teeth

Figure 1. Cardiovascular Disease Prevalence among Mississippi Adults by Number of Permanent Teeth Removed, 2022



Source: Mississippi Behavioral Risk Factor Surveillance System, 2022

Did You Know?



Approximately 1 in 5 adults in Mississippi with diagnosed heart disease have lost all their permanent teeth

Prevention



Brush **2X** a day



Eat Balanced Diet



Visit Your Dentist Regularly



Quit Smoking

