



**Healthy aging
requires a
healthy mouth.**

**High blood pressure, stroke & heart
disease & poor oral health**

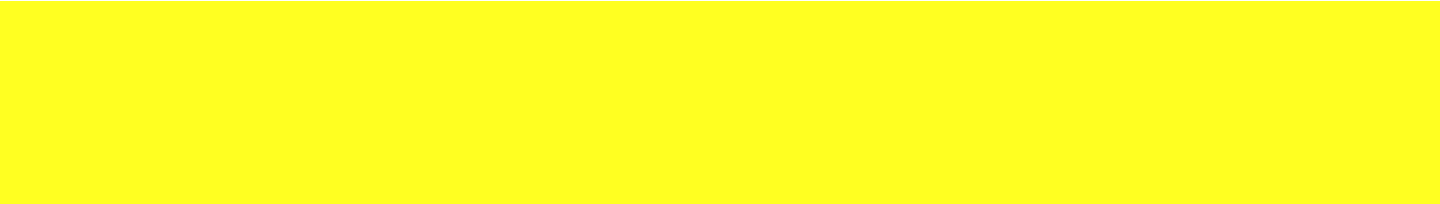
PREVORA
ANTIBACTERIAL TOOTH COATING chlorhexidine diacetate



About this guide

Oral healthcare is changing dramatically, to embrace new scientifically-proven methods and treatments which prevent disease in the mouth.

To inform our patients about these changes, your oral healthcare team is publishing a series of e-books about the new "science of prevention" and how it can help you to better oral health.



High blood pressure, stroke, heart disease are influenced by your oral health

Scientific studies report a close connection between the condition of your mouth and your blood pressure, your risks of a stroke and the health of your heart.

Blood pressure

Bleeding gums and the severity of gum disease are as significant as age, gender, weight, income and diabetes to having high blood pressure.¹

Stroke

Moderate to severe gum disease increases the odds of a stroke five-fold.² One kind of oral bacteria triggers micro-bleeds in the brain, a precursor to a stroke and cognitive decline.³

Heart disease

Intermittent deep scaling of the gums and reduced bleeding of the gums reduce atherosclerosis significantly over 3 years.⁴

¹ Pietrapaoli D et al. 2019. Definition of hypertension-associated oral pathogens in NHANES. *J Periodontology*, 90: 866-876

² Souvik Sen et al. 2018 Periodontal disease, regular dental care use and incident ischemic stroke. *Stroke*, 49: 355-362

³ Watanabe I et al. 2016. Oral Cnm-positive *Streptococcus mutans* expressing collagen binding activity is a risk factor for cerebral microbleeds and cognitive impairment. *Sci Rep.*, 6; December.

⁴ Kudo C et al. 2018. Effects of periodontal treatment on carotid intima-media thickness in patients with lifestyle-related diseases: A Japanese multi-centre observational study. *Odontology*, 106 (3) 316-327.

Explaining these connections

Poor oral health is a significant source of inflammation in the body. A person with severe gum disease, for example, has a much higher marker of inflammation in their blood tests, called C-reactive protein, than a healthy peer (Figure 1).

Poor oral health also raises blood pressure, cholesterol and blood glucose (Figure 1), all of which influence the cardiovascular system.

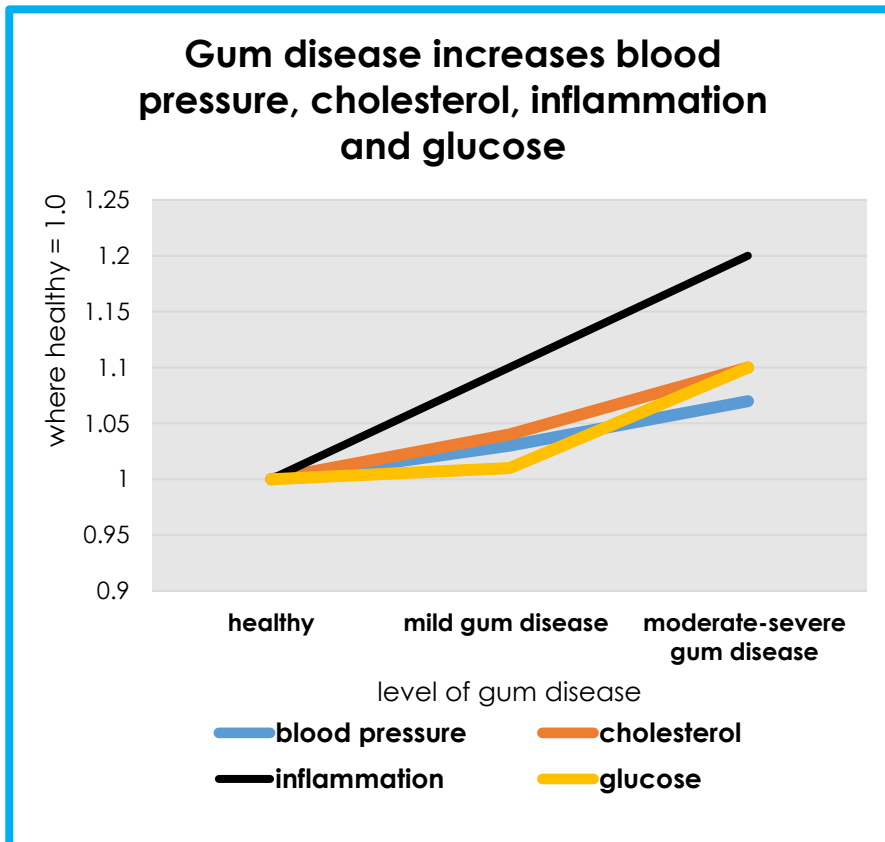
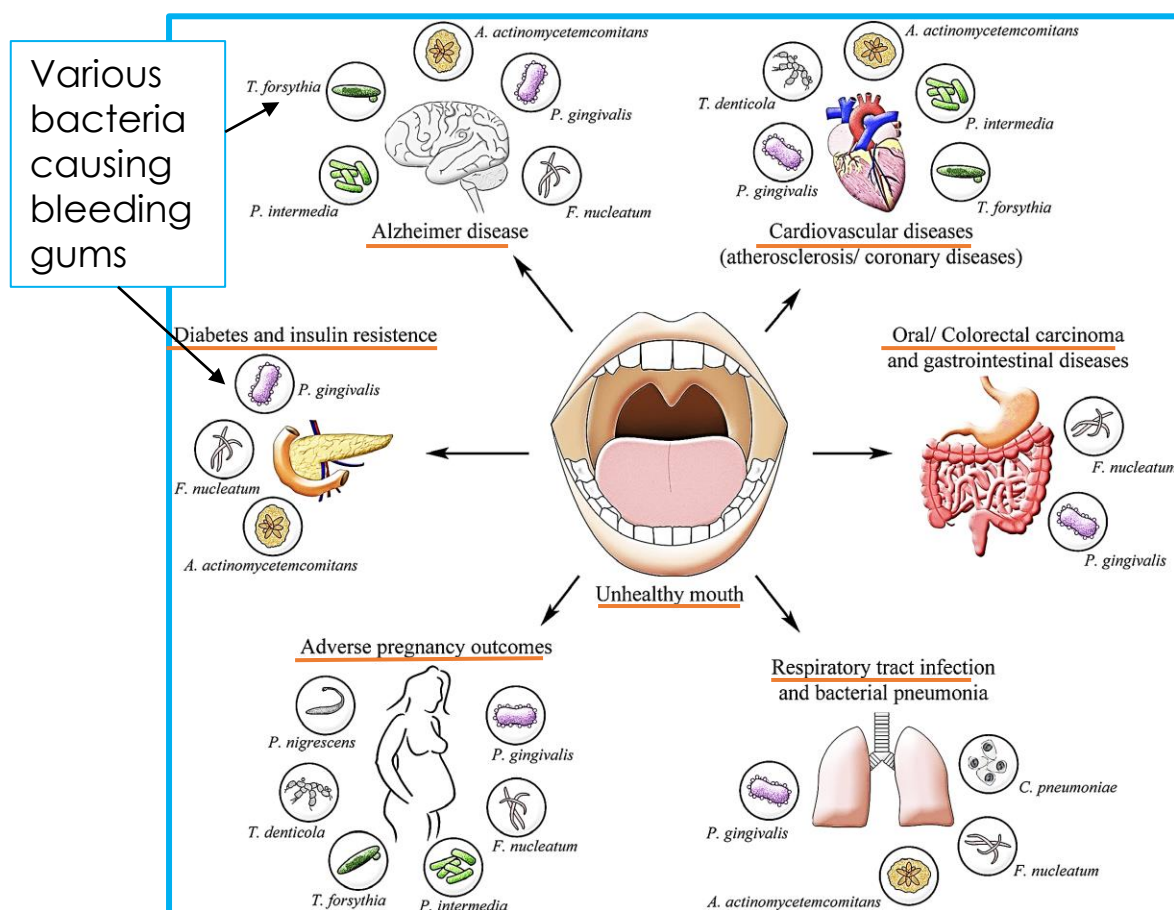


Figure 1

Source: Sung C-E et al. 2019. Association between periodontitis and cognitive impairment: Analysis of NHANES III. J Clin Periodontol. 46: 790-798

Poor oral health also threatens more than heart disease and stroke

What happens in the mouth, doesn't stay in the mouth. The bacteria causing your gums to bleed are closely associated with several medical problems other than heart disease, stroke and high blood pressure. This includes respiratory conditions, cognitive problems and even certain cancers.



Source: Bui FQ et al. 2019. Association between periodontal pathogens and systemic disease. *Biomed J.*, 41, 1, 27-35

So how is poor oral health best managed to protect against heart problems, stroke and high blood pressure?

First, as best you can, improve your daily oral hygiene activities including brushing and flossing twice daily.

But when you bleeding gums persist or cavities at the gum line happen, ask you oral healthcare professional for extra help.

Professional scaling of your dental plaque at and under the gum line is commonly effective. But for those teeth which continue to be inflamed or bleed after scaling, we use a new antiseptic tooth coating called Prevora. It is painlessly applied to your teeth and gum line in a series of short visits. Prevora helps to rebalance bacteria in your dental plaque.

Prevora patients go for years without cavities or gum disease. Many Prevora patients report they feel better too.



Prevora is painlessly applied to your teeth and gum line where it rebalances oral bacteria to a healthy condition.

Consult with your oral healthcare professional

Science's growing understanding of the interrelationships between oral health and overall health, makes a consultation with your hygiene team ever more important.

Your hygienist observes oral inflammation and ongoing poor oral health with unique skills and competencies. Your hygienist also knows how to prevent cavities at the gum line safely, quickly, affordably and without pain.

Team up with your hygiene team to get to better oral health and better overall health.





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