

# Cardiovascular Disease and Periodontal (Gum) Disease



## **What do we know?**

Periodontal Disease (PD) and Cardiovascular Disease (CuD) share many risk factors such as strokes, diabetes, age, ethnicity, gender, stress and obesity.

Some bacteria in dental plaque, particularly , have been shown to stimulate patient blood platelet aggregation and thrombosis.

## **Current available evidence suggests that all patients should:**

- Reduce total calorie intake and consumption of foods high in cholesterol, saturated and trans fatty acids and salt.
- Increase consumption of foods with low saturated fat and high fibre.
- Control weight with daily physical activity and reduced total calorie intake.
- Discontinue smoking and reduce sugar intake.

## **Patients already affected with PD or CuD or at risk of developing should:**

- See their Doctor and/or Dentist for evaluation.
- Consider their risk factors.
- Control their PD with good oral hygiene, regular maintenance and use of anti-plaque toothpastes, mouth rinses and mechanical brushing and flossing.

**Please do not hesitate to contact staff with any enquiries**

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