

Women and Heart Disease: Gum Status

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There is an established link between periodontal disease and cardiovascular disease (American academy of periodontology and American heart association). It is established beyond doubt the presence of gum disease act as a risk factor for heart disease.

The underlying cause is inflammation. It is well established that periodontal disease is an inflammatory disease. When it is left untreated the inflammation of the gums allow toxic chemicals to move into the main blood stream carrying inflammation to the arteries and heart itself.

It is established that gingivitis and periodontitis are easily recognisable with swollen, bleeding and receding gums. In some cases, there may not be obvious symptoms and only a periodontist will be able to diagnose which is an obstacle to the wellness of the heart.

It is advisable while reviewing or planning strategies to prevent heart disease a periodontal checkup should be mandatory once in six months. It is well said that "an ounce of Prevention is better than a Pound of Cure." A healthy gum aid in giving a beautiful smile, save your teeth and possibly save your heart as well.

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