

Be heart smart: How the health of your smile can affect your heart and circulation

By Dr Matthew Fleming & Dr Dana Horng



Did you know that the prevention of gum disease may also be good for your heart?

New research suggests that if you suffer from gum disease (periodontal disease), this may be increasing your risk of heart disease or stroke.

Research suggests that people with gum disease are almost twice as likely to suffer from coronary artery disease.

Some studies indicate that gum disease could be a significant risk factor, along with several others such as family history, high cholesterol and smoking. In one study, researchers showed the relationship between gum disease and stroke by finding that people who had been diagnosed with acute cerebrovascular ischemia (stroke) were also more likely to have an oral infection.

Infective Endocarditis

Researchers further believe that—along with heart disease or stroke—gum disease may also contribute to endocarditis. Endocarditis is a condition where the interior lining of the heart and heart valves become inflamed, most likely due to bacterial infection. If left untreated, this condition could lead to a fatal infection.

At Hartwell Dentistry we strive to provide our patients with ultimate treatment, making sure we use a personalised approach to give the best option for your specific circumstances.

Dr Matthew Fleming is the Principal Dentist at Hartwell Dentistry. Along with his wife, Dr Dana Horng, together they are dedicated to progressive care - for your ultimate care and comfort. They can be reached on (03) 9889 3245 or reception@hartwelldentistry.com.au.

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