



Connecticut State Dental Association

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NATIONAL HEART MONTH BRINGS AWARENESS TO ORAL HEALTH *Connecticut Dentists speak out about the link between oral health and overall health*

Southington, CT- The [Connecticut State Dental Association](http://www.CSDA.com) (CSDA) is working to raise awareness about the connection between gum disease and overall heart health as Connecticut celebrates American Heart Month during February.

“Research has shown that gum or periodontal disease is associated with clogged arteries, stroke and heart attacks,” said Dr. Jon Davis, CSDA President. “When your gums are healthy, bacteria in your mouth is less likely to enter the bloodstream. If you suffer from gum disease, bacteria is provided with an open window into the body and can cause heart problems,” Dr. Davis continued.

Periodontal disease destroys the tissues that support the teeth. These tissues include the gums, the periodontal ligaments and the bone that surrounds the teeth. Symptoms of periodontal disease may include inflammation, tenderness, bleeding, swelling and infection of the gums. In more serious cases teeth may become loose and even fall out.

According to research, individuals with periodontal disease are twice as likely to suffer from coronary artery disease as those without the disease. Some studies have found that poor oral health can serve as an indicator for whether or not a person will be prone to heart disease.

“There is a strong link between oral health and overall health. That’s why it is important to see your dentist for regular checkups and practice good oral hygiene. We recommend brushing twice a day, flossing daily and replacing your toothbrush every three to four months,” said Dr. Davis.

Dentists across Connecticut are taking advantage of American Heart Month to demonstrate the importance of oral health and regular dental care. If you really want to show someone that you love them this Valentine’s Day get them a new toothbrush!

About Connecticut State Dental Association

The Connecticut State Dental Association (CSDA) has 2,700 members including dentists, dental hygienists and dental assistants. As the trusted leader and voice for oral health care in CT, the CSDA has advocated for the public's health and promoted the art and science of dentistry since 1864. For more information about the CSDA, visit the Association's Web site at www.csda.com.

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