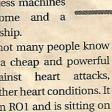


od oral health can revent' heart disease

with periodontal diseases are almost twice as likely to have a heart attack

of heart diseasing across Oman is no eart diseases thousands of r in trying to e by paying on medicines, and kinds of ess machines

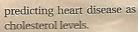


DR RICHA RAJ

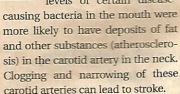
e humble toothbrush. to the American Periodontology, people dontal diseases are e as likely to have ery disease (also called e). One study found ence of common prob-

ne mouth, including

m counter. It is none



A study authored by M Desvarieux, published in the Journal of the American Heart Association, tested 657 people without any known heart disease. The study found that people who had higher blood levels of certain disease-



There are various factors that link oral health and heart disease.

Bacteria stick to the fatty plaques in the bloodstream, directly contributing to blockages. Also, certain forms of mouth bacteria can cause vegetative matter to grow in the valves of your heart,

Some studies point to the body's own defence mechanisms against bacteria. One of the body's natural responses to infection is inflammation (swelling). It is possible that as these oral bacteria travel through your body, they trigger a similar response, causing the blood cells to swell. This swelling

poor cardiovascular heath. Either due to missing teeth, or poorly fitting dentures, people may not eat a diet as high in fibre. Softer foods often mean more fatty foods, and a significantly unbalanced diet, which increases the risk of heart diseases. It is important to get properly fitting replacement teeth or crowns so that vou can consume recommended

could then narrow an artery and

TOOTH & HEART

Not many people know that there is a cheap and powerful weapon against heart attacks, strokes and other heart conditions. It is none other than the humble toothbrush

increase the risk of clots. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks.

Another study has found that

Periodontal disease

amounts of dietary fibre.

You won't ever feel your arteries hardening or your cholesterol rising. But you might notice bleeding or painful gums.

Gum (periodontal) diseases are hastorial infactions that

Steps to prevent treat gum diseas

- Learn better brushing flossing habits
- ▶ Brush twice daily
- ▶ Floss regularly and ge cleanings done in a year
- > Once you have a perio disease, it may require a dentist for a careful clea roots of the teeth, called root planning, or even so
- ▶ If you have gum disea should check with your about antiseptic mouthy can help remove bacteri mouth prior to flossing. only ward off the bacter mouth but also lead to

When a periodo evaluation beco necessary

- If you are at a high ris periodontal diseases. Lo http://www.perio.org/c html# for a self assess:
- ► Have heart disease, d respiratory disease or o or are planning on beco pregnant
- Have a family memb periodontal diseases. R suggests that the bacte cause periodontal disea through saliva. This me common contact of sali puts children and coup contracting the periodo of another family mem
- ▶ Have a sore or irritat mouth that does not go within two weeks

Do not ignore your de especially bleeding gr causing bad breathe a teeth, gum diseases r increase your risk of h diseases. So consult y surgeon today for a c

structures of the teeth bleeding and swelling sues which if left untr to serious health pro ing heart disease. So soon as possible. If yo a periodontal disease ignore it.

Dr Richa Raj is a practi geon at Pearly White D Khuwayr For details, c