Perio & Cardio

Healthy gums for a healthy heart

Recommendations
for patients and the public

EFP
European Federation of Periodontology

WORLD HEART FEDERATION

DENTAID
Oral Health Experts

Periodontitis and **cardiovascular disease (CVD)** are **both widespread conditions** among the **world's population**

General facts

Cardiovascular disease

17.9 million deaths globally per year (1/3 of deaths)
In Europe, 3.9 million deaths per year (45% of deaths)

Prevalence:
Nearly 500 million people worldwide affected by CVD in 2017

Periodontitis

50% of global population

Prevalence:
Approx. **800 million** people around the world with **severe forms**

Both cardiovascular disease (CVD) and periodontitis **are non-communicable diseases (NCD)** – i.e. diseases that are not transmissible directly from one person to another.

NCD account for **€115 billion of healthcare costs** in Europe per year.

Recommendations
for patients and the public

Heart and gum diseases are common conditions that have a major impact on people's health and quality of life.

Cardiovascular diseases (CVD) involve the heart or the blood vessels and include ischaemic heart disease, stroke, hypertension, rheumatic heart disease, cardiomyopathy, and atrial fibrillation. CVD are responsible for a third of all deaths around the world but for 45% of deaths in Europe (around four million per year), a high rate linked to an ageing population, sedentary lifestyles, and unhealthy diets.

Gum diseases (gingivitis and the more serious disease of periodontitis) affect 80% of people over 35. If untreated, periodontitis causes tooth loss and this can mean difficulty in eating properly, speech problems, and a lower quality of life.

On top of that, gum disease is a chronic condition that may make it harder to prevent CVD and it may even aggravate CVD in patients who already have the disease.

On the other hand, there is evidence that periodontal treatment and good oral hygiene help prevent CVD. For instance, patients who brush their teeth twice a day and have a good oral-health routine may have less risk of acute CVD events.

The main risk factors for CVD include smoking, high blood pressure, high levels of cholesterol or triglycerides, altered glucose metabolism, and obesity. Some of these are also risk factors for periodontitis. Fortunately, there are simple lifestyle changes that can counter them – such as giving up smoking, eating healthy food, and taking regular exercise.

If you have CVD, you should look out of signs of gum disease such as swollen gums, bleeding gums, longer-looking teeth, or loose teeth. If you notice any of these signs, you should visit your dentist as soon as possible. In any case, you should receive regular dental check-ups (at least once a year) as part of managing your CVD.

You should inform your dentist about the outcome of your visits to your doctor/cardiologist and provide updates on your CVD history and any changes in your medications. You should also inform your dentist if you are taking anti-coagulant medication.

While periodontal treatment in CVD patients is appropriate and safe, if patients are receiving anti-coagulant or anti-platelet therapy, then certain measures to avoid excessive bleeding need to be taken first.

You can help yourself and your health by adopting a good daily routine for cleaning your teeth and gums.

This means:

1. *Brush at least twice a day, for at least two minutes, using a manual or an electric toothbrush.*

2. *Clean between teeth using interdental brushes and dental floss if the gaps are too small for brushes.*

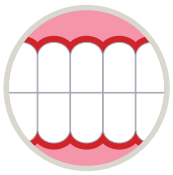
3. *Use specific toothpastes and/or mouth rinses if your dentist or dental hygienist recommends them.*

What you need to do

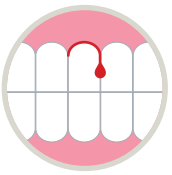
Signs of gum disease include:

If you notice any of these signs, make an appointment with your dentist.

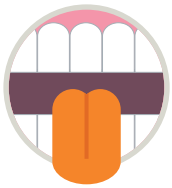
The earlier you seek help the better the outcome will be.



Red or **swollen** gums

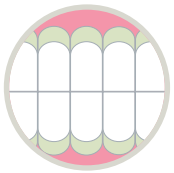


Bleeding gums or blood in the sink after brushing teeth

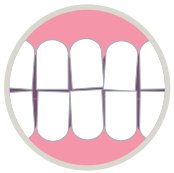


Foul taste in the mouth

Calculus (tartar) on teeth



Longer-looking teeth



Increasing **spaces between teeth** or teeth moving apart

Loose teeth

If left untreated, **gum disease can lead to tooth loss** and may also **make CVD preventive measures harder to control**.

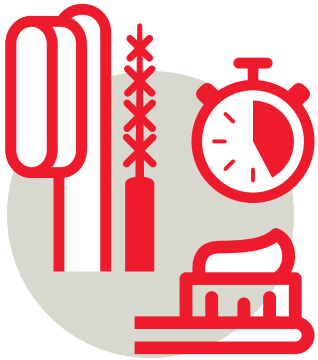
You should be aware that gum disease is **a chronic condition** that **may aggravate CVD** and requires lifelong attention and professional care.

Gum disease may also be present and get worse with no apparent signs (especially if you smoke).

So, **you should receive regular dental check-ups** (at least once a year) **as part of managing your CVD**.

Remember

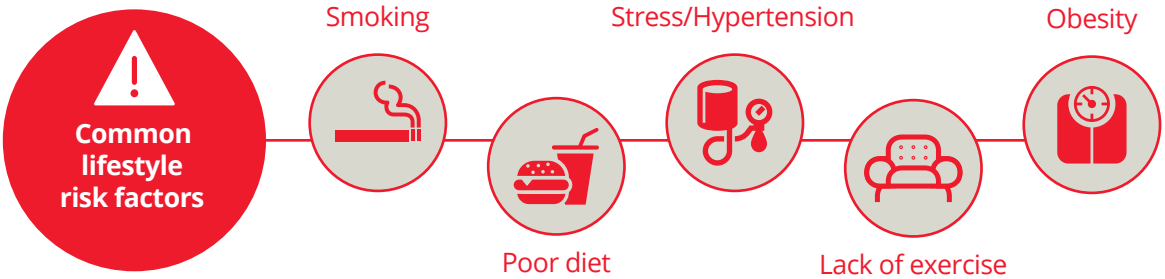
If you have CVD, you may have **a higher chance of further complications** as a result of gum disease.



You should **clean your teeth and gums** very carefully at home:

- **Brush** at least **twice a day**, for **at least two minutes**, using either a manual or an electric toothbrush.
- **Clean between teeth** using interdental brushes; if brushes do not fit, then dental floss may be useful.
- **Use specific toothpastes** and/or **mouth rinses** with proven activity against dental plaque, if advised by your dentist or dental hygienist.

It is important to **keep your mouth and whole body** as **healthy** as possible with **regular dental and medical visits**.



You should inform your dentist about the outcome of your visits to your doctor/cardiologist and provide updates on your CVD history and any changes in your medications.

You should **inform your dentist if you are taking anti-coagulant medication**.

Perio & Cardio

Periodontitis & Cardiovascular Disease (CVD) **at a glance**

Both periodontitis and cardiovascular disease (CVD) are very common chronic non-communicable diseases.

There is scientific evidence of associations between periodontitis and CVD, including increased risk of acute myocardial infarction, heart failure, and stroke.

CVD is the most common cause of death.

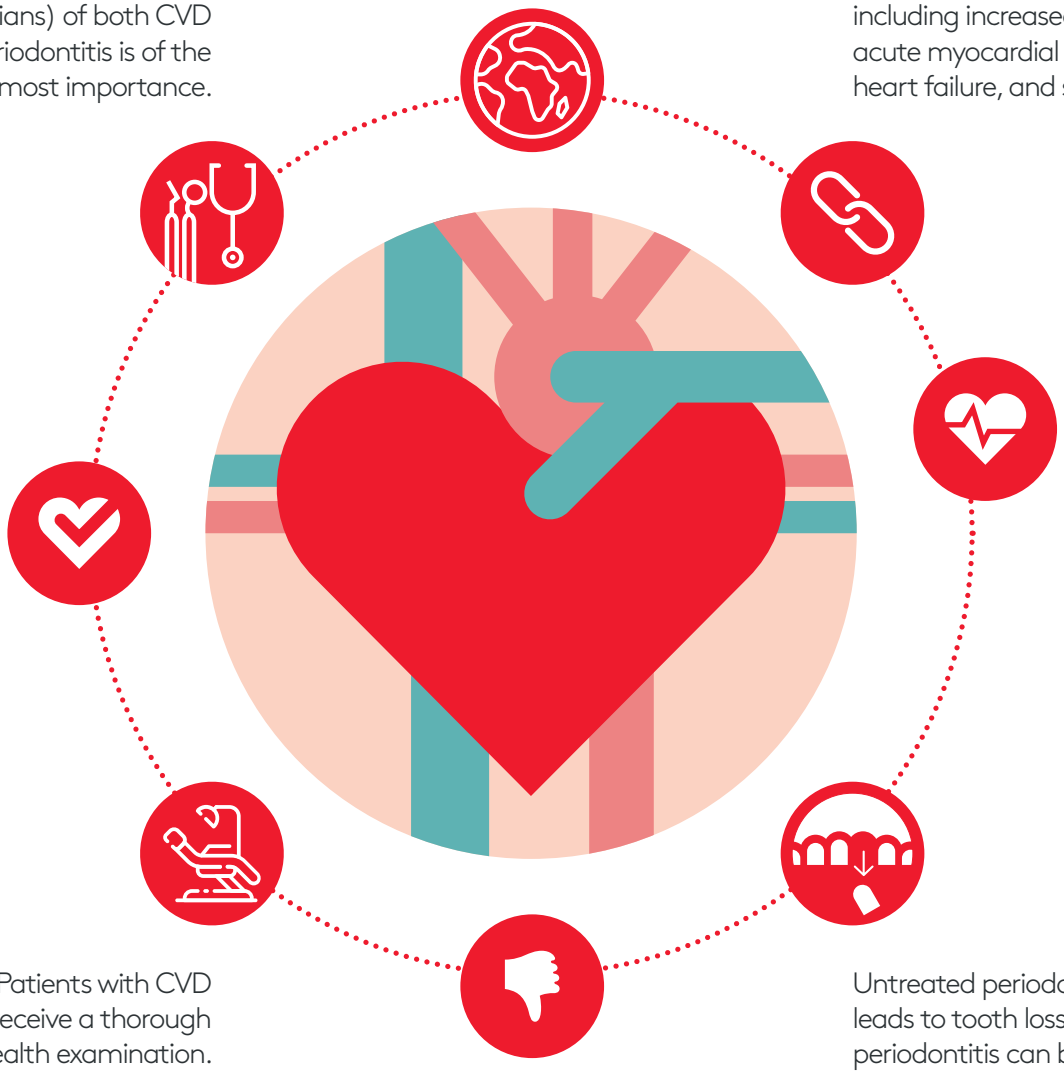
Untreated periodontitis leads to tooth loss. However, periodontitis can be prevented, is easily diagnosed, and can be clinically controlled.

Common lifestyle factors –such as smoking, stress, obesity, diabetes, and an unhealthy diet– aggravate both periodontitis and CVD.

Patients with CVD should receive a thorough oral-health examination.

In patients with CVD, periodontal treatment and good oral-hygiene habits may reduce the incidence of acute CVD events.

Early diagnosis, prevention, and co-management (by dentists and physicians) of both CVD and periodontitis is of the utmost importance.



Healthy gums for a **healthy heart**

EFP

EFP

European Federation of Periodontology

*The **European Federation of Periodontology** (EFP) is a non-profit organisation dedicated to promoting awareness of periodontal science and the importance of gum health. Its guiding vision is "periodontal health for a better life."*

Founded in 1991, the EFP is a federation of 37 national periodontal societies that represents more than 16,000 periodontists, dentists, researchers and oral-health professionals in Europe and around the world. It pursues evidence-based science and the general interest, promoting events and campaigns aimed at both professionals and the public.

Through events such as the triennial EuroPerio congress, its scientific publication the Journal of Clinical Periodontology, its accredited programme for postgraduate education, and the annual Gum Health Day awareness initiative, the EFP is at the forefront of promoting periodontal science and gum health.

www.efp.org

WORLD HEART FEDERATION

*The **World Heart Federation** is the principal representative body for the global cardiovascular community, representing more than 200 heart foundations, scientific societies, civil society, and patient organisations from over 100 countries.*

Together with our members, we are working to end needless deaths and build global commitment for improved cardiovascular health at the global, regional, national, and community levels.

We believe in a world where heart health for everyone is a fundamental human right and a crucial element of global health justice.

www.worldheart.org

DENTAID

Oral Health Experts

***DENTAID** is a multinational company devoted to the research, development, manufacture and marketing of oral health products founded with a clear mission: **improving people's oral health**. The company's spirit of innovation and commitment to society has granted its leadership in this field.*

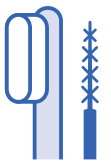
***DENTAID** offers a wide range of solutions for the prevention, diagnosis, and treatment of diseases caused by oral biofilm.*

*Moreover, **DENTAID** promotes education, quality training for professionals, and continued support in their daily practice. Currently, it has 9 subsidiaries and is present in over 70 countries around the world. The brands Vitis®, Perio·Aid®, Interprox®, Halita®, and Dentaid Xeros® are distributed internationally.*

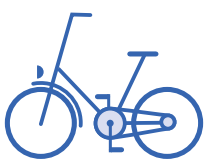
www.dentaid.com

Healthy gums for a healthy heart

visit your doctor and dentist regularly



clean your teeth twice a day



stay active, exercise

eat healthy foods, watch your weight

do not smoke