Poor oral health is linked to disease

Oral health is not only important for healthy teeth and fresher breath, but it can also improve your overall health.

Maintaining the health of your mouth keeps bacteria in check, which helps prevent oral infections like periodontal disease. This is important because periodontal disease, which often causes bleeding gums, may have an effect on your general health by causing infections and inflammation in your body and increasing your risk for diseases like cardiovascular disease.

Although further research is necessary to confirm this, scientists say that there may be two possible reasons why poor oral health is linked to cardiovascular disease.

1. The bacteria that cause periodontal disease can enter or release toxins into your bloodstream (through bleeding gums), which may form fatty plaques in your arteries. These can block your blood flow or lead to blood clots.
2. Bacteria may also cause your liver to produce high levels of certain proteins, which may lead to inflammation in your arteries.

Other conditions that may be linked to poor oral health

- *Endocarditis:* This is an infection of the inner lining of your heart, which is mostly caused by bacteria that travel from other parts of your body and latch onto your heart.
- *Premature birth:* Premature birth and low birth weight have also been linked to periodontal disease as bacteria cross the placenta barrier and cause complications during pregnancy.

In some cases, periodontal disease may also worsen pre-existing diseases like rheumatoid arthritis or lung disease.

The symptoms of periodontal disease

- Bad breath.
- Bleeding gums, especially after brushing or flossing your teeth.
- Receding gums.
- Red and swollen gums.
- Loose teeth.

If you suffer from any of these, it's important to improve your oral health so that you will not only have a healthier mouth, but also a healthier body.

Protect your oral health

- Brush your teeth twice a day with fluoride toothpaste.
- Floss every day.
- Follow a healthy diet.
- Limit snacks between meals.
- Limit alcohol intake.
- Don't smoke.
- Go for regular dental check-ups and cleanings.

Take care of your oral health to improve your overall wellbeing.

Medical Conditions