



~ 8-6-15

# Healthy Gums, Healthy Body

The saying goes ‘the mouth is the window to the body’ and when we’re talking about taking care of our teeth, this couldn’t be truer.

We have already discussed the benefits of great oral health. What it can do for our confidence, our career and relationships but we have yet to talk about the effects of poor oral health.

So what comes to mind here? Yellow teeth? How about missing teeth? Or perhaps breath that even air freshener couldn’t mask?

These may be extreme but the point is this – the repercussions of poor oral health don’t just stop at the mouth.

You wouldn’t ignore bleeding to any part of your body but many people ignore bleeding gums. It’s one of the first and most obvious signs of gum disease, which if left untreated, can cause a whole range of problems.

People with gum disease are almost twice as likely to have coronary artery disease than people without gum disease. When people have gum disease, bacteria from the mouth can get into their bloodstream. The bacteria produce protein. This can then affect the heart by causing the platelets in the blood to stick together in the blood vessels of the heart. This can make clots more likely to form. Blood clots can reduce normal blood flow, so that the heart does not get all the nutrients and oxygen it needs.

If the blood flow is badly affected this could lead to a heart attack.

By visiting a dentist as often as they recommend, we can help to nip these things in the bud.

## **Gateway Dental Care**

*(in the Gateway Plaza at Pontiac Trail & Eleven Mile Road)*

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### **Office Hours:**

Monday 8:00am-5:00pm  
Tuesday 8:00am-5:00pm  
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Thursday 8:00am-5:00pm  
Friday 8:00am-2:00pm (every other)  
Saturday 8:00am-2:00pm (every other)

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