HEART DISEASE

It causes one death in the United States every 34 seconds. According to the CDC, it is the leading cause of death for men, women, and people of most racial and ethnic groups in the Unites States.

Research has established a link between gum disease and heart disease. The bacteria that accumulate in tooth plaque and tartar can enter your blood and cause damage to your heart and arteries.

Want to prevent heart disease? Here are 5 simple things you can do.

- ✅ Quit smoking and the use of smokeless tobacco
- ✅ Brush your teeth twice a day
- ✅ Floss your teeth daily
- ✅ Use mouthwash
- ✅ Have regular dental checkups

Take care of your heart by taking care of your teeth. Get frequent checkups and see a dentist if you have bleeding gums, pain while chewing or persistent bad breath.