

February Newsletter

Here at Life Style Dentistry

We strive to provide the best dental care to our patients. Helping those who fear being criticized or lectured.

Dr. Hubbs will NOT make you feel bad about your dental situation.



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Gum Disease and Your Heart: What You Need to Know

Did you know that there is an association between gum disease and heart disease?

What's the link? In a word, inflammation, or swelling. Scientists know that it leads to hardened arteries, also called atherosclerosis. That's a condition that makes it hard for blood to flow to your heart. It puts you at greater risk for heart attack and stroke.

Inflammation is also a sure sign of gum disease. Sore, swollen gums are the main symptom. There are two main types: gingivitis, which causes red, painful, tender gums, and Periodontitis, which leads to infected pockets of germy pus. That's the type that raises the worry for heart problems. It allows bacteria and other toxins to spread below the gum line.

"Your gums are very vascular, meaning they're full of blood vessels. And, your mouth is full of bacteria. If you disrupt the gum layer even a little bit, you're going to get bacteria in your bloodstream, which can go anywhere and trigger inflammation throughout the body," Boyden says. "Inflammation is one of the main things that cause damage to blood vessels, including those of the heart."

Studies show that the bacteria found in periodontal disease -- including *Streptococcus sanguis*, which plays a role in strokes-- spreads to the heart. "The two appear to go hand-in-hand," Merritt says. "In the absence of gum disease, there is significantly less of these bacteria in the heart."

Healthier mouths can mean healthier hearts, and we want you to know that we are here to support you. Please reach out to us with any concerns or questions.