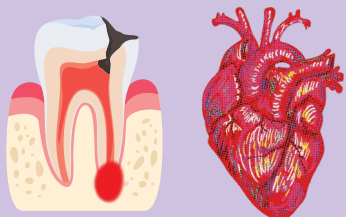


THE HEALTH OF YOUR MOUTH AND YOUR HEART ARE CONNECTED



Henry Schein Cares[®]
FOUNDATION

Prevention
is Power™
TAKE CHARGE OF YOUR HEALTH



KNOW YOUR RISK

**2 in 5 adults
have gum
disease**

IF YOU HAVE GUM DISEASE, YOU ARE

▶ **Twice as likely**
to have a heart attack **2x**

▶ **Three times as likely**
to have a stroke **3x**

And your risk increases
over the age of 65 **↑**

Teeth, Gums & Heart Health Connection

Gum disease and cavities can lead to serious problems for your heart health.

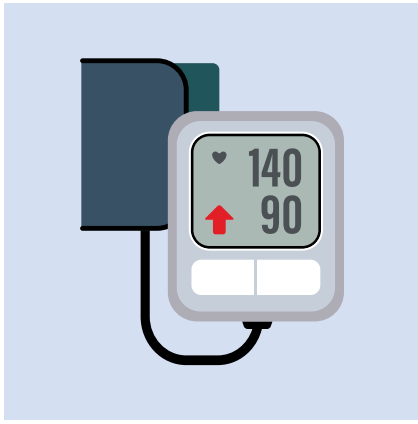


▶ Germs from the mouth enter the bloodstream and may add to plaque in the neck and heart arteries—these blockages can cause heart attack and stroke.



▶ Germs in the mouth can trigger inflammation that swells blood vessels, reduces blood flow, and increases risk of clots.





High Blood Pressure & the Health of Your Mouth

High blood pressure not only affects your heart health but can also impact your teeth and gums.

- ▶ Changes in blood flow can affect the health of gums.
- ▶ If you have high blood pressure discuss your personal risks with your provider and get screened for other health conditions.

TAKE ACTION FOR YOUR DENTAL HEALTH & HEART HEALTH

THINGS TO DO EVERY DAY

- Brush your teeth at least twice a day and clean between your teeth
- Eat a healthy and balanced diet
- Limit sugary food and drink which can harm your teeth
- Avoid smoking or vaping
- Engage in at least 30 minutes of moderate physical activity
- Take your medications as prescribed

VISIT YOUR MEDICAL PROVIDER

- For blood pressure screening at least once a year
- Ask about the connection between the health of your teeth, gums and heart
- Ask if any of your medications have side effects
- Ask about other recommended health screenings and what you can do at home to improve your health

VISIT YOUR DENTIST*

- For cleanings at least twice a year
- Talk about your gums, teeth, and breath. Tell them if you have noticed any changes, bleeding or discomfort.
- Share your medical history and current medications
- Ask if they recommend any specialized treatment plans for you

*you may be referred to a specialist for additional care

FOR MORE INFORMATION



Learn more about **Prevention is Power**



Health Care Resources

HENRY SCHEIN CARES FOUNDATION PREVENTION IS POWER PARTNERS



IMPLEMENTATION PARTNERS



NATIONAL ASSOCIATION OF Community Health Centers®



GRADUATE SCHOOL OF PUBLIC HEALTH & HEALTH POLICY