

Health Advice

Is there a link between gum health and heart disease?

Poor dental health, especially the extent of periodontal disease (infection in the gums), appears to be a significant risk factor for coronary heart disease which can result in heart attacks.

This association between oral health and coronary heart disease remains significant when other risk factors (e.g. smoking, diet, hypertension) are taken into account.

No clear biological mechanism has been demonstrated that links the two diseases, but the presence of the inflammatory cells in the blood associated with gum disease, may predispose to the obstruction of the arteries supplying the heart muscle, by depositions of fatty substances.

It is of particular importance for all adults who are at risk from coronary heart disease to have their gums assessed for periodontal disease and to follow the recommendations made by the dentist.

There are similar links between gum health and diabetes.