

THE HEALTH OF YOUR MOUTH AND YOUR HEART ARE CONNECTED

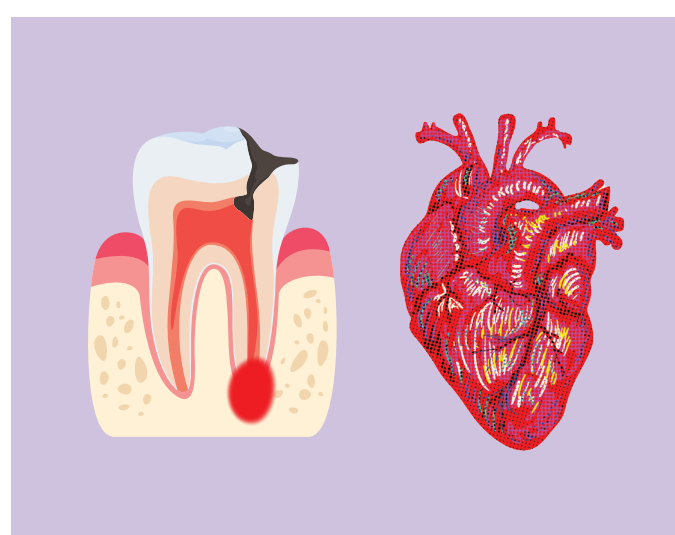


Henry Schein Cares
FOUNDATION

Prevention is Power™
TAKE CHARGE OF YOUR HEALTH

KNOW YOUR RISK

2 in 5 adults have gum disease



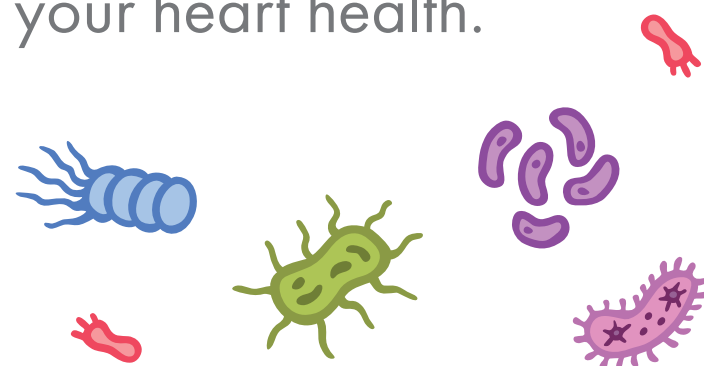
IF YOU HAVE GUM DISEASE, YOU ARE

- ▶ **Twice as likely** to have a heart attack
- ▶ **Three times as likely** to have a stroke

And your risk increases over the age of 65

Teeth, Gums & Heart Health Connection

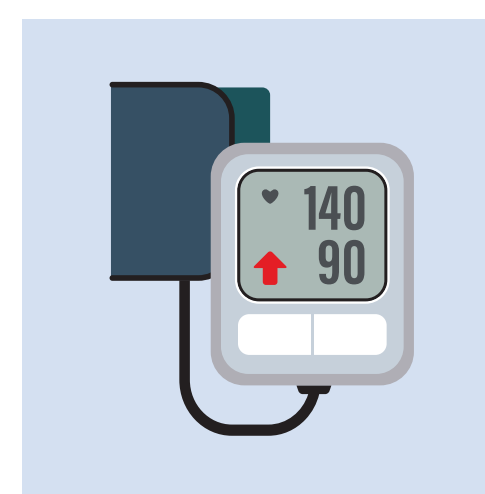
Gum disease and cavities can lead to serious problems for your heart health.



- ▶ 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

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IMPLEMENTATION PARTNERS