



American Heart Association®

Healthy Smiles, Healthy Hearts™

Oral-Heart Connection

GermS in your mouth can travel through your bloodstream.

When your gums are swollen, red, or bleed easily, that's called inflammation. It means your body is fighting off germs.

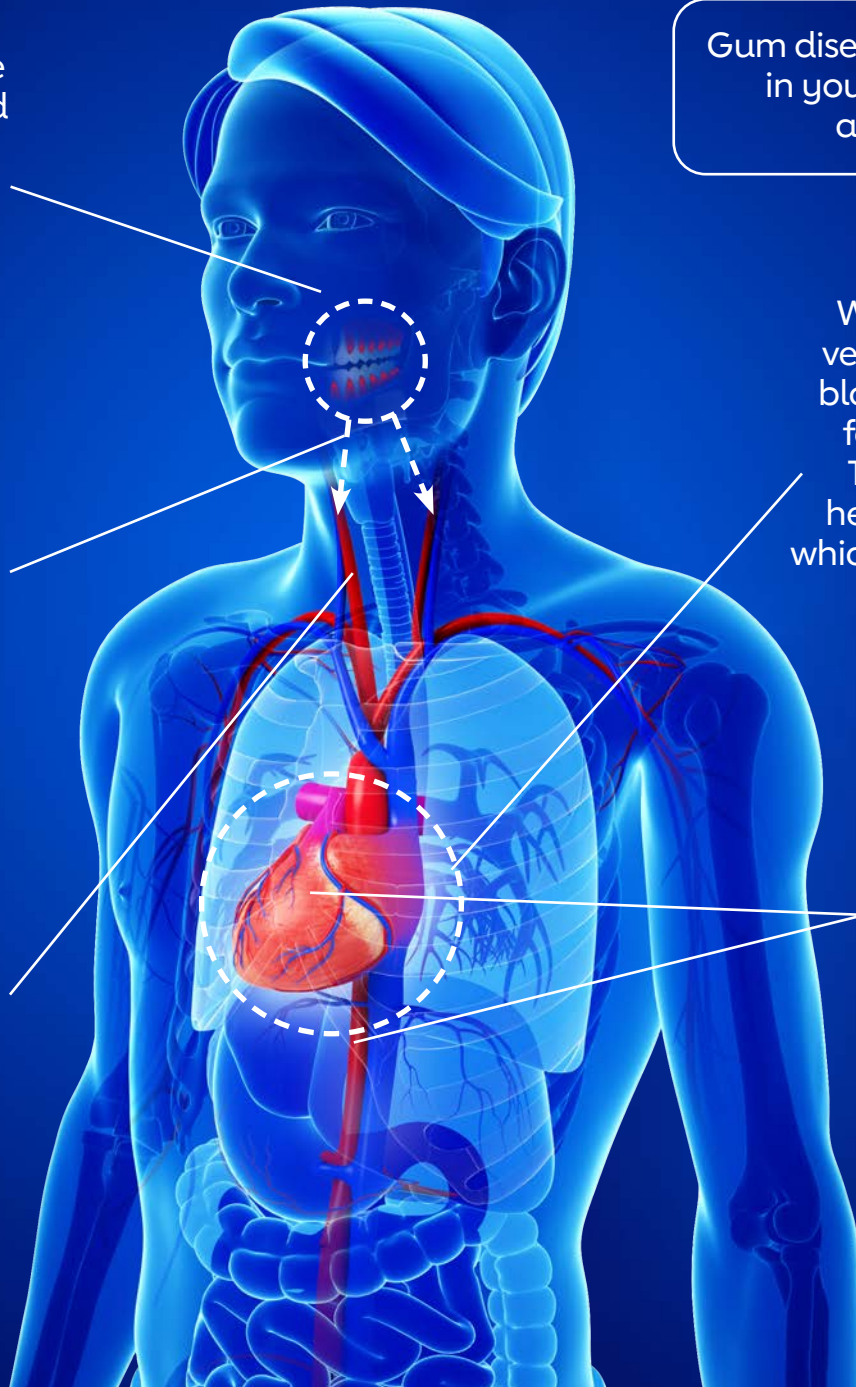
But if your mouth stays inflamed for a long time, those tiny germs and chemicals from the inflammation can get into your bloodstream.

Once they're in your blood, they can make your blood vessels (the tubes that carry blood) tighter or damaged.

Gum disease doesn't stay in your mouth—it can affect your heart.

When your blood vessels get tight or blocked, it's harder for blood to flow. That makes your heart work harder, which can raise your blood pressure.

Gum disease or other mouth problems don't just stay in your mouth. They can affect your whole body, even your heart.



Delta Dental is proud to collaborate with the American Heart Association's Healthy Smiles, Healthy Hearts initiative.

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