

Can You Help Take Care of Your Patient's Heart by Helping them Take Care of Their Oral Health?

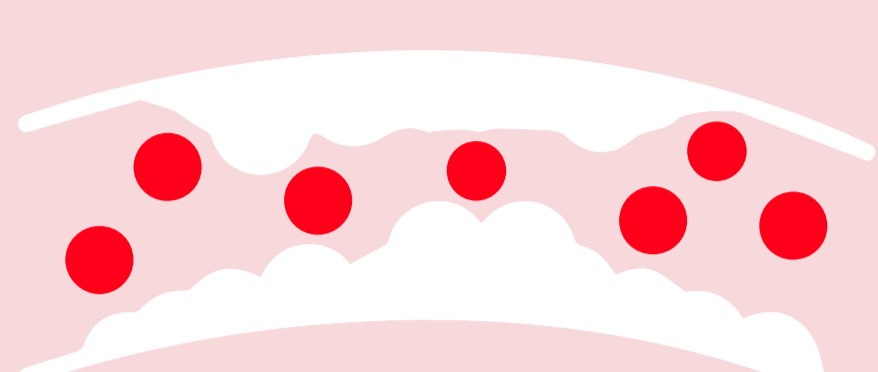
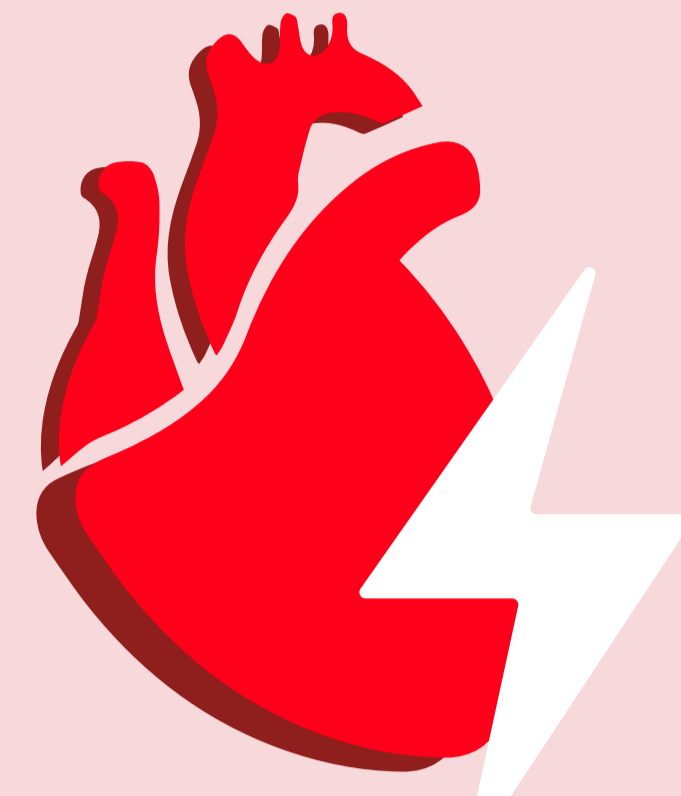
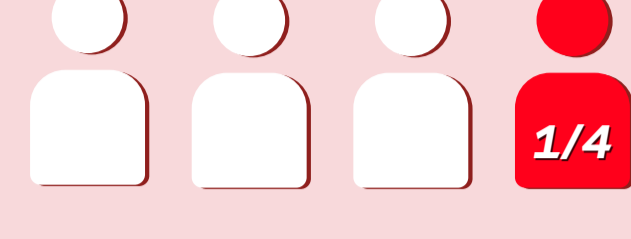
Periodontal disease - periodontitis

- A chronic multifactorial inflammatory disease of the **periodontal tissues**
- **Characterized by inflammation and destruction of the periodontium**
- Caused by accumulation of microorganisms (periodontal pathogens)
- **Preceded by gingivitis**
- Estimated prevalence of 42% among Americans aged 30 and older
- Increased prevalence in older age groups



Cardiovascular disease

- **Leading cause of death in the United States**
- Usually associated with **atherosclerosis** (arterial hardening/narrowing) and **blood clots**
- **Atherosclerotic cardiovascular disease** is a chronic multifactorial systemic inflammatory disease
- **ACVDs include:**
 - coronary artery disease (CAD)
 - stroke
 - peripheral artery disease (PAD)



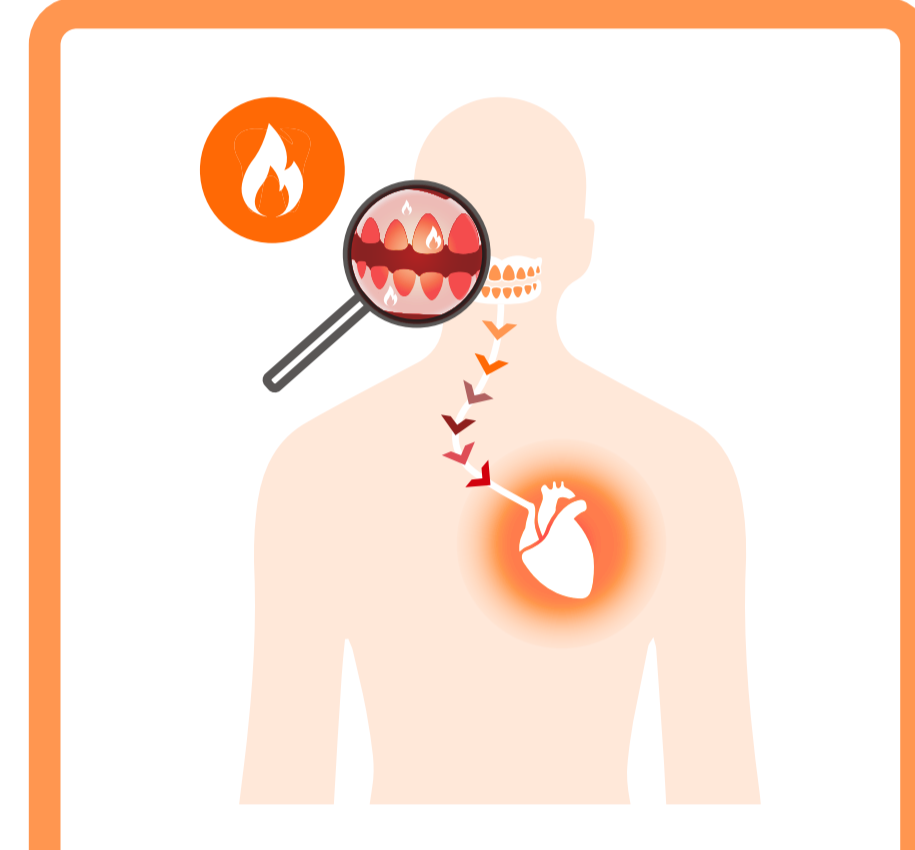
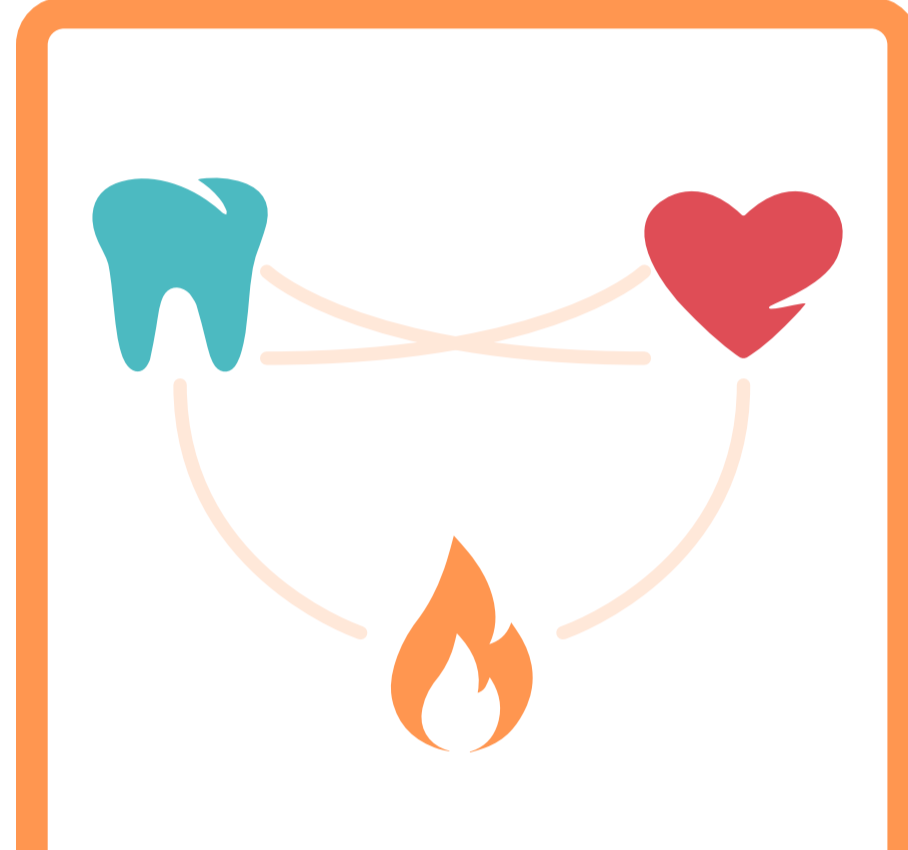
- **CAD is the most common ACVD and is also known as ischemic heart disease**

A common thread - Inflammation

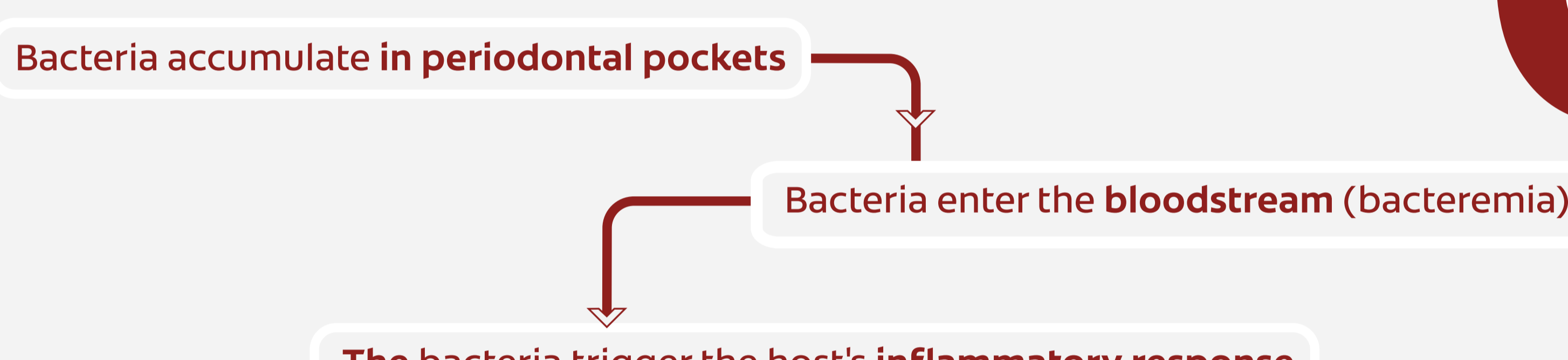
Many studies have found associations between **periodontitis and ACVD**.

Inflammation is a common factor in both

- Periodontitis is believed to trigger a **systemic inflammatory response**
- Inflammatory markers are elevated in patients with **periodontitis**
- Systemic inflammation is a risk factor for **atherosclerosis**, whereby atheromas form in arteries and restrict blood flow



How the process unfolds



- **The prevalence of bacteremia and of periodontal pathogens is higher following chewing/oral hygiene activities in patients with periodontitis than those without periodontitis**
- **Evidence shows a relationship between elevated levels of inflammatory markers, the severity of periodontitis, and the existence of atherosclerosis in patients.**

Preventing and treating periodontal disease

Oral health is important for quality of life and for overall health. A relationship exists between oral health and multiple systemic systems, including cardiovascular.

Preventing periodontal disease is one of the cornerstones of oral health, and avoids a source of triggers for systemic inflammatory disease.

Gingivitis, the first stage of periodontal disease, is reversible.

Once established, **professional treatment is required for gingivitis**. With treatment and improved home care, oral health can again be obtained and maintained.

Treatment for patients with periodontitis can prevent further loss of periodontal tissues, provided home care is adequate and patients attend for maintenance visits.

Treating periodontitis also reduces the level of inflammatory markers (including C-reactive protein) and other surrogate measures for CVD.

Note that research is required to determine whether or not periodontal treatment results in any reduction in the incidence of CVD. To date, this is not known.

- 1 **Brush**
- 2 **Floss**
- 3 **Rinse**
- 4 **DP**

Recommendations for your patients

All patients should be educated on the relationship between oral health and systemic health, including cardiovascular health, in order to motivate them to perform oral hygiene at home. You can also offer the following recommendations:

1. Attend regular dental appointments for periodontal assessment, diagnosis and treatment.
2. **Brush twice daily** with a multi-benefit fluoride toothpaste that has proven anti-plaque, anti-gingivitis properties such as **Colgate Total SF**.
3. Recommend an **app-connected power brush** such as the Colgate hum. The app provides **immediate feedback** and **coaches patients** to help them improve and maintain **good oral hygiene**.
4. Perform **interdental cleaning once a day**.
5. Use an antimicrobial mouth rinse such as **Colgate Total 12HR Protection Mouthwash** to reduce plaque and gingivitis.
6. If your patient is already being treated for gingivitis, recommend a **chlorhexidine gluconate 0.12% antimicrobial rinse** like **Colgate PerioGard Oral Rinse (Rx only)** as part of your professional treatment program.

For patients with periodontitis, recommend and encourage periodontal treatment.

Colgate Solutions

[Colgate Total SF Toothpaste](#)

[Colgate Total 12HR Pro-Shield Mouthwash](#)

[Colgate PerioGard Mouth Rinse](#)

[Colgate hum Toothbrush](#)

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