Can poor oral health impact your heart?

The mouth is the gateway to the body

Evidence indicates a possible link between gum disease and heart disease. Clinical studies suggest that severe gum disease may permit bacteria to enter the blood stream and spread throughout the body, potentially putting your heart’s health at risk. While current research has not established causation, the correlations are notable.
Small steps with a big impact
An effective daily oral care routine can keep your mouth healthy and may contribute to better overall health.

Brush
The right tool and technique make all the difference — speak with your dental professional about how to improve your brushing.

Interdental cleaning
The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums.

Rinse
Use a therapeutic mouthwash to help reduce plaque and gingivitis.

Checkups
Even with the best at-home care, you should visit your dental professional twice a year.

At-home management of periodontitis with Philips Sonicare
In a six-month clinical study, Philips Sonicare was shown to offer significant benefits to patients managing mild to moderate periodontitis at home post nonsurgical periodontal therapy.¹

4 weeks
Philips Sonicare reduces pocket depth

4 months
Up to 15x more Sonicare patients converted to “healthy” gingival status vs. manual toothbrush users⁵

20 weeks
Gum bleeding was reduced up to 106x better than a manual toothbrush

6 months
Up to 90x more patients had reduced pocket depth using Sonicare vs. a manual toothbrush⁶

Results from study using a Philips Sonicare DiamondClean Smart power toothbrush with a Premium Gum Care brush head

The early signs of gum disease
Detect gum disease early by monitoring your oral health. Here’s what you should look for:

• Bleeding gums when you floss or brush
• Red, swollen and tender gums
• Persistent bad breath or bad taste

Have you experienced any of these symptoms? Consult your dental professional.

Learn more about Philips Sonicare products at philips.com

⁴ When used in combination with treatment and management by a dental professional.
⁵ Per AAP/EFP.
⁶ In patients with periodontitis after 6 months post SRP.

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