

HAVE BAD BREATH? YOUR HEART IS AT RISK!

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Relax.

While that is mildly exaggerated and most likely not going to happen to you (cause you're reading this right now) it is very possible.

There is an indirect connection between the gums of the mouth and heart through the circulatory system that allows the same blood which passes through the vessels of the gums to eventually reach the heart. This connection is very important for distribution of nutrients that nourish our teeth and gums and is protected by the walls of the blood vessels but can be detrimental if a blood vessel erupts and pathogens such as bacteria from the mouth invade the bloodstream.

WHAT CAUSES BAD BREATH?

The mouth contains a lot of different bacteria. Some are good bacteria which promote digestion of food and also protect our teeth and gums while others are harmful and do just the opposite! The activity of harmful bacteria in the mouth is the main reason for bad breath. These bacteria breakdown food residues left in the mouth most likely after a meal and release gasses and or acids which cause bad smell and tooth decay, hence bad breath.

HOW BAD BREATH RISKS THE HEART.

Anaerobic bacterium is the major mouth bacteria that causes bad breath. It produces sulphur proteins which when accumulated to a certain amount causes swelling and bleeding in the gums. This condition is called gingivitis and can lead to various cardiovascular diseases.

How This Happens?

Bacteria from the mouth enter the bloodstream through the bleeding gums and spread through the body system.

When they reach the heart, they attach themselves to any area and cause inflammation in that area which eventually spreads and cause heart diseases such as endocarditis, atherosclerosis and even stroke!

YOU CAN SAVE YOUR HEART *And the next person's nose!*

Now you know the ailment bad breath can cause you, the best approach is to take steps to prevent it in the first place.

First and foremost is adopting a good oral hygiene routine which should include regular and efficient brushing twice a day with a good toothpaste, using a mouthwash after every meal and regular dental checkups.

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Also eating high fibre foods which contain vitamins A and C can help prevent bleeding in the gums.

By taking care of your oral health, you can also protect your heart and keep your smile healthy and pleasant.