

[IMAGE]

Protect Your Gums, Protect Your Health

Most people tend to worry about their health by looking at some of their major organs when undergoing a physical. What most people tend to miss to get a good indicator of their health is their mouth. Your gums and dental health can tell you a lot about your overall health if you look into the numerous cautionary signs. Red, swollen and often bleeding gums can indicate that there is something going on within your body you might not be aware of. Often these can be signs of much serious illnesses such as heart disease and diabetes.

In order to make sure you are staying away from common gum related illnesses make sure to be aware of possible bacteria from your mouth indicated in bleeding gums, which can travel into your bloodstream and set off dangerous inflammatory reactions in other parts of the body.

According to some studies people with gum disease are more likely to suffer from heart disease than those with healthy, pink gums. One theory is that oral bacteria travel into the bloodstream where it may attach to fatty plaques in the arteries, causing inflammation and setting the stage for a heart attack. Make sure to evaluate your gums for possible signs of bad bacteria and make sure to see your dentist if you suspect your gum health is affecting your overall health.

Make sure to always brush and floss daily and look out for signs that could wreak havoc on your health.

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