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HOME > NEWS / SHOWBIZ > UK NEWS > How failing to clean your teeth can give you a heart attack

UK NEWS

HOW FAILING TO CLEAN YOUR TEETH CAN GIVE YOU A HEART ATTACK



Failing to clean your teeth properly can raise the risk of heart disease

おすすめ

すすめている人はまだいません。

Friday May 28, 2010

By Victoria Fletcher

Have your say(0)

FAILING to clean your teeth properly can raise the risk of heart disease by as much as **70 per cent**, a study has found.

Those who neglect their **teeth** the most are in the greatest danger.

And this proved true even when researchers took into account other lifestyle factors usually linked to heart problems such as bad diet, smoking and lack of exercise.

The study of more than 11,000 patients is not the first to link the health of the mouth to the health of the heart. Previous research has shown that people with gum disease are more likely to suffer from heart problems.

One theory is that gum disease triggers a huge immune response. As white cells circulate through the body on their way to fight mouth infections, they become stuck in the blood vessels, causing furring of the arteries which leads to heart problems.

But experts are not sure why gum disease triggers a bigger immune response than when other parts of the body are injured or inflamed.

Professor Richard Watt, from University College London, said: "Our results confirmed and further strengthened the suggested association between oral hygiene and the risk of cardiovascular - disease.

"Furthermore, inflammatory markers were significantly associated with a very simple measure of poor oral health behaviour. Future experimental studies will be needed to confirm whether the observed association between oral health behaviour and cardiovascular disease is in fact causal or merely a risk marker."

The study looked at people's teeth brushing habits and how many trips they made to the dentist, as well as lifestyle factors, such as whether they smoked or took exercise.

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Separate details were collected on patients' medical histories, blood pressure and family history of heart disease.

Blood samples were also taken to measure markers of inflammation in the blood. Of those involved, just over six out of 10 visited their dentist every six months while 71 per cent said they brushed their teeth twice a day.

During the following eight years there were 555 examples of serious heart problems including heart attacks. Of these, 170 were fatal.

The experts discovered that those who never or only rarely brushed their teeth were 70 per cent more likely to suffer heart disease than those who brushed twice a day.

Judy O'Sullivan, a senior cardiac nurse at the British Heart Foundation, said: "If you don't brush your teeth, your mouth can become infected with bacteria which can cause inflammation.

"It is already known that there is a link between inflammation and a higher risk of developing heart



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FIRST FOR CELEBRITY NEWS

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by Alex Curran

It is already known that there is a link between inflammation and a higher risk of developing heart disease. However, it is complicated by the fact that poor oral hygiene is often associated with other well-known risk factors for heart disease, such as smoking and poor diet.

"Good personal hygiene is a basic element of a healthy lifestyle. But if you want to help your heart, you should eat a balanced diet, avoid smoking and take part in regular physical activity."

More than 2.5 million people suffer from heart disease and it is responsible for up to 200,000 deaths a year in Britain.

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ページ 2/2