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Heart & Periodontal Disease



It is possible if you have periodontal disease, you may be at risk for cardiovascular disease. We have known for quite some time that bacteria may affect the heart. Evidence now suggests that people with periodontal disease may have a higher risk of heart disease and are nearly twice as likely to run the risk of a fatal heart attack as patients without periodontal disease.

While more research is needed to confirm how periodontal bacteria may affect your heart, one of the possibilities is that the periodontal bacteria enters the blood stream through the inflamed gums and causes small blood clots that contribute to clogged arteries. Another possibility is that the inflammation which is caused by periodontal disease contributes to the buildup of fatty deposits inside the arteries.

We know that 1 out of every 5 Americans now suffers from one or more types of heart disease. If you are one of those Americans or if you are at risk for periodontal disease you should see a periodontist for a periodontal evaluation because having healthy gums may lead to a healthier body.