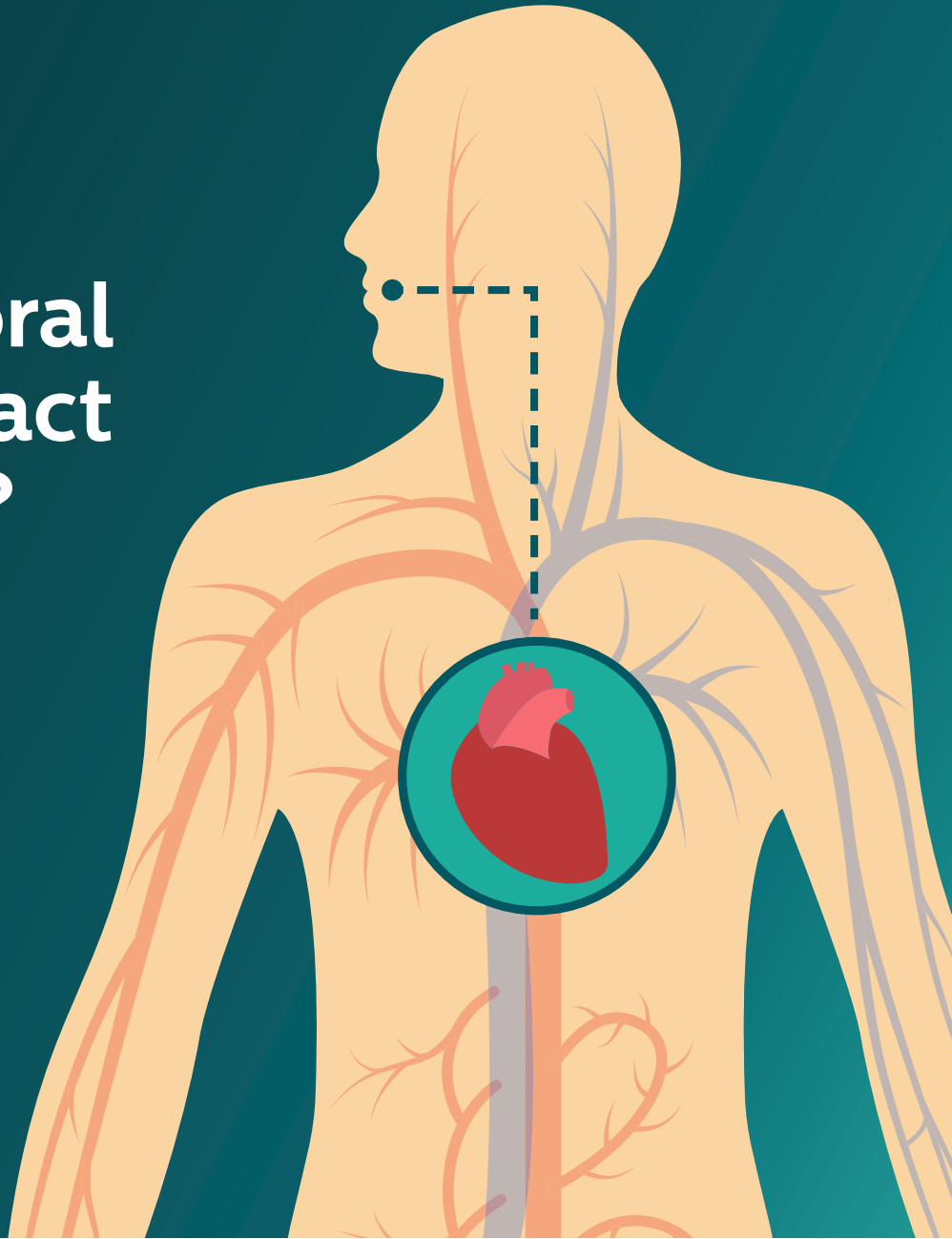


Can poor oral health impact your heart?



The mouth is the gateway to the body

Evidence indicates a possible link between gum disease and heart disease.^{1,2} 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.³ 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



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.

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.⁴

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



Learn more about Philips Sonicare products at philips.com



¹ Dietrich T, Garcia RI. Associations between periodontal disease and systemic disease: Evaluating the strength of the evidence. J. Periodontol 2005;76:2175-2184.

² Barnett ML. The oral-systemic disease connection. An update for the practicing dentist. J AM Dent Assoc 2006; 137 (suppl): 5S-6S.

³ Han YW, Wang X. Mobile microbiome: Oral bacteria in extra-oral infections and inflammation. J Dent Res 2013; 92: 485-491.

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.