

Men's Health Awareness Month

Did you know men are at greater risk for health problems such as heart disease? The CDC reports that heart disease is the primary cause of death for men.¹ Additionally, men who have heart disease are also at a greater risk for gum disease. In fact, 91% of those diagnosed with heart disease also have gum disease.² Periodontal (gum) disease is not only a severe bacterial infection in the mouth but an infection that can travel throughout the body, including to vital organs such as the heart.³

Unfortunately, while both of these conditions may be largely preventable, many men often do not seek preventive care to understand they may be at risk. Here are some commonly shared risk factors between heart and gum disease:

- Tobacco use/excessive alcohol
- Poor nutrition
- Poor oral care/lack of dental care
- Obesity
- Diabetes
- Uncontrolled high blood pressure
- Lack of physical activity

To help lessen your chances of developing heart disease and gum disease: **M**ake good self-care choices by including exercise, a healthy diet and a daily oral care routine; **E**ngage in managing your existing health conditions, and **N**ever miss an appointment with your physician and dentist for regular check-ups.

To learn more about the connection between oral health and heart health, visit our [Dental Health Center](#). To find a dentist, please visit www.unitedconcordia.com. To view your information on your dental coverage or print an ID card, login or create an account at [My Dental Benefits](#).

References:

¹[Heart Disease Facts](#); Centers for Disease Control; 2017

²[Periodontal disease and systemic conditions: a bidirectional relationship](#); National Institute of Health; 2006

³[Oral health and coronary artery disease](#); BMC Oral Health; 2016

1. heart.org
2. Sciencedaily.com
- 3.