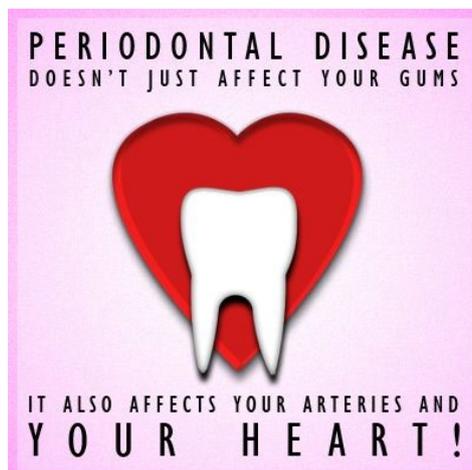


Shine Bright

Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER

29TH OCTOBER 2020

Hello Members,

Hope everyone is well and safe. As stricter measures have been put in place, the infection rate continues to rise. The last fortnight had seen restaurants and bars close for sit-in, however they are now allowed to reopen again from Monday 2nd November but no alcohol to be served after 6pm. First Minister has this week proposed a 5 tier system where each area in Scotland will be put it onto a tier. Level one being the lowest and level 4/5 being the highest risk. The areas will be reviewed regularly, and measures will be placed accordingly.

Schools will continue to open as normal. Household visits are not allowed till we are in level 1. Let's hope with new restrictions put in place the infection rates drop.

It is very important we all follow the guidelines and abide by the rules. If everyone sticks to the rules, together we can fight this pandemic and help the government and researchers who are working very hard to control the virus and have a vaccine ready. Amidst this difficult time it is very important we take care of ourselves, eat healthy and stay safe.

This newsletter will discuss the link between oral health and the heart. Heart disease is a serious problem around the world. So is poor oral health. Doctors have been talking about the potential link for nearly two decades.

Does a healthy mouth equal a healthy heart?

Poor oral health has been debated as a possible cause of heart disease for many years. Though more research is needed to support this statement, researchers have found evidence which connects poor oral health to heart problems.



Gum disease (periodontitis) is associated with an increased risk of developing heart disease.

Poor dental health increases the risk of a bacterial infection in the blood stream, which can affect the heart valves. Inflammation in the gums and bacteria may eventually lead to narrowing of important arteries. Researchers suspect that bacteria present in gum disease can travel throughout the body, triggering inflammation in the heart's vessels and infection in heart valves.

What are the signs of an unhealthy heart?



Chest Pain, chest tightness, chest pressure and chest discomfort (angina).



Shortness of Breath



Pain, numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed.



Pain in neck and back.



Pain in Jaw



Pain in Throat

Even though oral health isn't a key to heart disease prevention, it's important to take care of your teeth and gums:

- Brush your teeth at least twice a day.
- Floss daily.
- Schedule regular dental check-ups and cleanings.

If you're concerned about heart disease prevention, ask your doctor about proven ways to reduce your risk — such as stopping smoking and maintaining a healthy weight.

Till next time stay well, healthy and safe!!