Editorial

Cardiovascular issues and oral health: what is the correlation?

Abstract

More than half of the world's population has some type of cardiovascular disease, the most prevalent being high blood pressure. Several mechanisms correlate high blood pressure with periodontitis (a disease that affects the supporting tissues of the teeth). The purpose of this editorial is to comment on these mechanisms and present current scientific evidence on the topic.

Keywords: cardiovascular diseases; periodontitis; heart disease risk factors

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Novelty statement

- The dysbiosis that occurs in untreated periodontal disease promotes metabolic abnormalities.
- In periodontitis, bacteremia can occur, bringing pathogenic bacteria to different parts of the body.
- Systemic inflammation can be observed, with an increase in pro-inflammatory markers in the presence of dysbiotic periodontal biofilm.

Editorial

The importance of the correlation between oral and systemic health has been increased. Scientific data have demonstrated that patients who have periodontitis (a disease that affects the supporting tissues around the teeth) are at risk of myocardial infarction and stroke. Furthermore, patients with periodontitis and a diagnosis of cardiovascular disease (such as high blood pressure) are at greater risk of complications. Periodontitis could lead to deteriorating cardiovascular health due to chronic systemic inflammatory disease.

A key factor to be considered is that individuals who have cardiovascular diseases have habits that are risk factors for increasing the severity of periodontal diseases, such as smoking, excessive alcohol consumption, poor diet, stress, and sedentary lifestyle.

Based on the growing scientific evidence of the difference between cardiovascular health and oral health, the European Academy of Periodontology and the World Heart Federation recommend that patients diagnosed with cardiac changes should adhere to a regular program of visits to the dentist to treatment, maintenance, and prevention of oral diseases.

Periodontal therapy may contribute to improved outcomes in cardiovascular health due to decreased systemic inflammation. Maintaining general health is part of oral health care and vice versa.[1–4]

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Conflicts of interest

The authors declare that they have no conflicts of interest.

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