

Mayo Clinic Minute: Brushing your way to heart health

Video	Audio
(Take 3)	Can good oral health be the key to preventing heart disease?
	Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
Thomas Salinas, D.D.S. Prosthodontics Mayo Clinic 00:01:48	Dental specialist Dr. Thomas Salinas says there appears to be some connection between oral health and the No. 1 killer of Americans. However ...  "... it's not well-understood. There have been a sporadic number of studies. Some of these are well-controlled with regard to specifically just one disease process. However, as we know, disease presents itself in many ways."
(take 2)	While taking care of your teeth isn't a proven way to prevent heart disease, Dr. Salinas says removing oral bacteria through regular brushing, flossing and dental checkups is an investment in your overall health.
00:04:26 SULL0002	"The big picture here is the oral cavity is the gateway to the body."
Dr. Salinas SULL0003 00:00:13	"After a period of time without being removed, other types of species will grow in an anaerobic, or without oxygen, environment, and those are the ones that cause systemic disease. So it's really important to get that type of bacteria off the teeth."
	For the Mayo Clinic News Network, I'm Jason Howland.