



Connecticut State Dental Association

Contact: Kristy-Lee Downer
CSDA Communications Coordinator
860) 378-1800

Southington, CT—May is National Stroke Awareness Month. Your chances for having a stroke increase if you have certain risk factors such as high blood pressure, being over the age of 55, being male, being Hispanic or African American, or having a family history of stroke. What most people do not realize is that research has found that oral health and other health problems such as cardiovascular disease and stroke are related.

For this reason, the Connecticut State Dental Association is working to educate the public that oral health is important for overall health and vice versa. A person's oral health is often a good indication of their overall health. Research has found that people with diabetes and people who smoke are not only at risk for heart disease and stroke, but are also at risk for developing periodontal disease.

The CSDA urges people to practice good oral hygiene such as brushing and flossing daily, and visiting your dentist regularly. It is especially important for people with heart disease to maintain a healthy mouth, and let your dentist know you have a heart problem. For more information about the CSDA, please visit www.csda.com.

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