

Community Health Coalition, Inc.

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Health Sunday Topic: Heart Month & Dental Health

Dr. Augustus Grant a heart specialist at Duke University Medical Center and past president of the American Heart Association states “**You should eat right, exercise regularly, and not smoke.**”

Arnold Todd McClain, DDS, MS, practices Periodontal & Implant surgery in Durham, North Carolina. states, “**Research has found that people with periodontal disease are twice as likely to suffer from coronary disease.**”



**HEALTH SUNDAY
IN THE BLACK COMMUNITY**
is a program of Health Tips.

It is provided by the
Community Health Coalition
in cooperation with the
Interdenominational
Ministerial Alliance of Durham
and Vicinity for church goes
each 4th Sunday.

Today's Health Tip is:

“Exercise”

in the

African American
Community.

REMEMBER:

A HEALTHY DURHAM

INCLUDES YOU !

**For more information, read today's
Health Sunday Flyer and
refer to the following websites:**

American Heart Association

www.Americanheart.org

American Dental Association

www.ada.org

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Are you taking care of your heart and teeth?

Heart Month by Dr. Augustus Grant

Black History Month and Heart Month both occur in February. Heart disease and stroke are by far the most important causes of death and disability in the black community. Access to quality health care remains a major cause of the disparate experiences of heart disease in the black community. However, you should never lose sight of the important role you play in your own health. We should embrace prevention at a personal level. In this heart month each of us should make a commitment to have our blood pressure checked. I would like you to bear four simple measures in mind:

1. **Eat right,**
2. **Exercise regularly,**
3. **Do not smoke, and**
4. **See your doctor once a year.”**

Perhaps consider making your church a site for health screenings.

The Link Between Dental and Heart Health by Arnold Todd McClain, DDS, MS

Several theories explain the link between periodontal disease and heart disease. One theory is that bacteria in the mouth affect the heart when they enter the blood stream, attaching to fat in the heart blood vessels and contributing to clot formation. Coronary disease is characterized by a thickening of the walls of the coronary arteries due to the build up of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks. Another possibility is that the inflammation caused by periodontal disease increases plaque build up, which may contribute to swelling of the arteries.

Periodontal disease can also worsen existing heart conditions. Patients at risk for endocarditis (a dangerous inflammation of the inner layer of the heart) **may require antibiotics prior to dental procedures**. Your periodontist and doctor will be able to tell if your heart condition requires use of antibiotics prior to dental procedures.



Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.