

Community Health Coalition, Inc.

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Health Sunday Topic: **Heart Month** and Dental Health

Dental Health Month is being linked with Heart Month because research has shown that if you have periodontal disease (gum disease) you may have an increased chance of getting coronary heart disease, stroke and infective endocarditis.

Dr. Edward J. Clemons, of Clemons Cosmetic and Family Dentistry states, "**BE SMART, TAKE CARE OF YOUR HEART, HAVE REGULAR DENTAL CHECK-UPS and 'DON'T FORGET TO FLOSS!!!!'**"

Dr. Augustus Grant, a heart specialist at Duke University Medical Center states, "**Eating healthy can prevent heart disease.**"

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

the American Dental Association
www.ada.org;

the American Heart Association
www.americanheart.org;
1-888-MY-HEART

the American Dental Hygienists' Association
www.adha.org



**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:
Heart Health & Dental Health
in the
**African American
Community.**

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

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 and Dental Health

Heart disease and stroke are by far the most important causes of death and disability in the black community. Dr. Grant reminds us that we should choose to start eating right today for a healthier heart, and walking or doing other exercise for a healthier being.

Periodontal disease is an infection of the teeth, gums and bone that surround the teeth. It is caused by the bacteria in the plaque that forms on our teeth. Gingivitis is the earliest stage of periodontal disease as the gums are red, swollen and bleed when you brush and floss. Bleeding gums can serve as a pathway for bacteria to enter the bloodstream. In advanced periodontal disease, there is excessive bone loss.

Research indicates that bacteria associated with periodontal disease may circulate in the bloodstream and cause inflammation in the arteries of the heart, which could lead to the build up of fatty deposits, the formation of blood clots which could even trigger a heart attack.



When plaque bacteria enters the bloodstream through infected gums, you could develop a heart condition called infective endocarditis.

Dr. Clemons reminds us to keep our teeth healthy to be heart healthy.

The health tip experts suggest that you remember to have the following checked by your doctor/dentist:

1. blood pressure
2. cholesterol
3. and get your teeth checked for periodontal disease.

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.