

Dental Plaque Bacteria May Trigger Endocarditis

We have long known the systemic link between oral health and overall health. Recently we have learned of a very serious health risk that may be directly linked to your periodontal condition.

Oral bacteria that escape into the bloodstream are able to cause blood clots. They can even trigger life-threatening endocarditis. *Streptococcus gordonii* is a common bacteria found in the mouth that contributes to plaque that forms on the surfaces of the teeth. These bacteria can enter into the bloodstream through bleeding gums. Once there, it begins to wreak havoc by masquerading as human proteins. The bacteria, once in the bloodstream, are able to produce a molecule on its surface that allows it to mimic the human protein fibrinogen. Fibrinogen is a blood-clotting factor.

Surprising how harmful dental plaque bacteria can be, isn't it?

The solution is simple. Routine dental hygiene visits, along with proper homecare, can prevent the progression and reproduction of these harmful bacteria. Think of how easy it is to relax in a dental chair for an hour every few months for your hygiene visit, to brush your teeth twice a day for two minutes, to floss regularly. Think of the lifesaving recompense for your efforts.

Call us today to make your dental hygiene appointment and be your own health advocate. (813)684-7888