



## How to clean your teeth to protect your heart

### Revolutionary oral hygiene solutions

**Did you know that your oral hygiene plays a huge part in the state of your overall health? Good dental hygiene not only prevents tooth decay, it has also been shown to reduce the risk of having a stroke or heart attack. A team from Columbia University found people with gum disease were more likely to suffer from atherosclerosis - a narrowing of blood vessels which can precede a heart attack or stroke.**



The researchers found that high levels of the bacteria that cause periodontal, or gum, disease, correlated with increased carotid artery thickness, even when other cardiovascular risk factors were taken into account. Dr Moïse Desvarieux from Columbia University says that "*Because gum infections are preventable and treatable, taking care of your oral health could very well have a significant impact on your cardiovascular health*".

A number of studies have suggested this link between poor dental hygiene and heart health in the past, but this latest study provides the most convincing evidence yet. The researchers explain that the bacteria from gum disease may migrate into the bloodstream, provoking an inflammatory state from the immune system that results in artery clogging. This makes a pretty compelling argument for following your dentist's advice and brushing twice a day. But most of us do this already - so is there something more that we can do to protect our health as well as our smile?

The answer is resolutely yes. What's more, with heart and circulatory disease the UK's biggest killer (according to The British Heart Foundation), you would be well advised to do so. During my research I have uncovered two remarkable new ways to boost your family's oral hygiene. First up is the **Ionic Toothbrush** - representing the next generation of toothbrushes, this works in a revolutionary way. It looks like a common garden toothbrush and certainly doesn't have the premium price tag of the all-singing, all-dancing electric varieties that it is likely to replace, but the secret to its success lies in the titanium rod inside the handle. This is light-activated, so when exposed to daylight or electric light, the rod releases negative ions. These ions blend with your saliva and pull positive ions from the plaque on your teeth, neutralising its acidity. Once neutralised, the plaque disintegrates - the natural and scientific approach to a cleaner and healthier mouth!

Scientific studies have shown that titanium in a toothbrush has an anti-bacterial action when exposed to light and clinical trials have proved that a light-activated ionic toothbrush removes dental plaque and helps restore healthy gums. This means that it helps prevent gingivitis - the gum disease that is linked to heart problems. It is an all together more efficient means of cleaning your teeth as the ionised saliva circulates around the mouth to get to the plaque in areas that are usually hard to reach, and the antibacterial effect continues working in the mouth after brushing. What's more, by inhibiting mouth bacteria it helps prevent bad breath.