



## Have you had a heart attack or a stroke?

### Did you know that:

- Gum disease is associated with an increased risk of heart attack and stroke
- Gum disease is usually painless so you may not know you have it
- Improving your oral health can help to reduce the risk of another heart attack or stroke
- Poor oral health can cause people to avoid certain foods, leading to poor diet

**Do your gums bleed when you brush?  
Do you have sore teeth or bad breath?**

It's not too late – talk to your Doctor about it today and visit your Dentist.

### For more information

[www.adansw.com.au](http://www.adansw.com.au) | Phone: 8436 9900

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