

Oral health care must be considered by any individual as one important way to heart care?

Dear Editor

Heart diseases are the main killer in both developed and developing countries (<http://www.who.int/mediacentre/factsheets/fs317/en/>). Different lifestyle measures have been applied to reduce the problem (<http://www.nhlbi.nih.gov/health/health-topics/topics/hd/prevent>), for example, oral health care was emphasized very much by the scientists. The origin of bad oral health is related to many oral bacteria, particularly, Anaerobic oral bacteria *Actinomyces*, *Arachnia*, *Bacteroides*, *Bifidobacterium*, *Eubacterium*, *Fusobacterium*, *Lactobacillus*, *Leptotrichia*, *Peptococcus*, *Peptostreptococcus*, *Propionibacterium*, *Selenomonas*, *Treponema*, and *Veillonella*.^[1] Among these anaerobic oral bacteria the genus *Bacteroides* is now reclassified^[2] and a few Gram negative like *Porphyromonas* spp former *B. spp* [*Porphyromonas gingivalis* (*P.gingivalis*), *Porphyromonas endodontalis* (*P.endodontalis*), *Porphyromonas asaccharolytica*,^[3,4] *Prevotellasp* [*Prevotellaintermedia*

or *Prevotellanigrescens* (*P.nigrescens*), *Prevotellacorporis* (*P.corporis*), and *Fusobacteriaspp* (*Fusobacteriumnucleatum*) are mostly isolated.^[5,6]

There are several enzyme activities, which come from oral bacteria like protease, lipase,^[7] for example, periodontal and endodontic and tooth decay.^[8] Heart disease is related to many different factors mostly genetic, lifestyle, diet, and nowadays, it is bad oral hygiene behavior.

At present, there is no unique way to prevent oral infection; in fact there is no vaccination available. Many researches and academic achievements are on the way to solve the problem. What we need to do is to reduce the trend of heart diseases as follows:

- Oral health care must become the first priority of international health organization to find the best methods of educating the people.

- Dentist should encourage their patients to do oral health care daily and urge them to visit him/her on a routine basis.
- The Government should allocate different human and budget resources to reach the high quality of oral health in the communities.
- The lifestyle package must be trained for all, and different media (TV/radio) must be aired twice to aim programs related to human health.
- The oral health industries must recommend the best quality of toothpaste, toothbrush, and oral wash disinfectant and reconsider their prices.
- The insurance companies and organizations must make their first priority to invest in oral hygiene.
- Finally, people who are not taking care of their oral health must be paid less than others.

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Conflicts of interest

There are no conflicts of interest.

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