

Going to the dentist can reveal more about your health

Minto Dental Care and Implant Centre which is part of Bupa Dental Care identify the importance of having regular dental check-ups, as they will reveal more about you than bad teeth.



Dr Kerri-Lee Clark, Edinburgh local and dentist says she may also identify heart conditions from inflamed gums or loose or missing teeth. Bacteria in the mouth can travel to the heart and lead to coronary heart disease or simply clog up your arteries.

Diabetes is a growing health problem across the UK and again it can be identified from your teeth and gums. If someone has gum disease, bleeding gums or enamel erosion then alarm bells start ringing for your dentist.

Other illnesses which can be identified include eating disorders like bulimia, stress and anxiety and anaemia.