#### FOR IMMEDIATE RELEASE

#### Perio & Cardio campaign highlights links between gum and cardiovascular diseases

#### The Perio & Cardio educational campaign offers clear messages on the links between periodontal and cardiovascular diseases and the steps dentists, doctors, and patients need to take in prevention and treatment

#### The initiative includes the site [perioandcardio.efp.org](http://perioandcardio.efp.org) and educational material addressed at dentists, cardiologists, medical professionals, and the public. It builds on the scientific input of leading global experts from the European Federation of Periodontology and the World Heart Federation

**Brussels, 15 September 2020**. Patients with gum disease should be told that they have a higher risk of suffering cardiovascular diseases – including myocardial infarction and stroke – and that they should actively manage risk factors such as smoking, lack of exercise, excess weight, blood pressure, and a diet high in saturated fats and refined sugars.

Patients who suffer from both periodontitis and cardiovascular disease may have a higher risk of cardiovascular complications and should carefully follow recommended dental regimes of prevention, treatment, and maintenance.

These are among the key messages of the Perio & Cardio educational campaign launched today by the European Federation of Periodontology (EFP) and the World Heart Federation (WHF). This global initiative is centred on the [perioandcardio.efp.org](http://perioandcardio.efp.org) site, which contains recommendation documents, infographics, an animated film, and other educational materials – all aimed at bringing this knowledge to the dental team, cardiologists, medical professionals, pharmacists, and the public.

Perio & Cardio is based on a new evidence-based scientific consensus on the links between periodontal and cardiovascular diseases and expert recommendations on prevention and therapy for both types of disease.

All the material in the campaign derives from the consensus report [‘Periodontitis and cardiovascular disease’](https://onlinelibrary.wiley.com/doi/full/10.1111/jcpe.13189) – published in February by the EFP’s *Journal of Clinical Periodontology* – which expressed the findings of the [Perio-Cardio Workshop](https://www.efp.org/news-events/perio-workshop/past-workshops/perio-cardio-workshop-2019/), held in Madrid in 2019, which brought together 20 world-leading experts in the fields of periodontology and cardiology.

“Perio & Cardio is particularly important because it outlines the robust links between oral and systemic health, and also highlights that by safeguarding our gum health we are actively contributing to our heart and cardiovascular health,” says Filippo Graziani, a former EFP president and co-ordinator of the Perio & Cardio campaign.

Both cardiovascular and gum diseases are widespread chronic, non-communicable diseases. Periodontitis, the most frequent gum disease, has an overall global prevalence of 45-50%, and its severe form affects 11.2% of the world’s population, making it the sixth most common human condition. Cardiovascular disease is responsible for 17.9 million deaths per year worldwide (one third of all deaths), including 3.9 million in Europe (45% of all deaths), with ischaemic heart disease, stroke, and hypertension leading to heart failure as the main causes. Although mortality rates are falling, the absolute numbers have increased over the last 25 years because of an ageing population.

“Perio & Cardio implies a mutual endorsement by two major global organisations, the EFP and [WHF](http://www.worldheart.org),” Prof Graziani says. “We really appreciate that WHF did not only reach the scientific consensus with us but is also taking an active role in disseminating the project materials among the global community of cardiologists and cardio patients. I’m also deeply grateful to Prof Mariano Sanz, who organised the Perio-Cardio Workshop in Madrid, and to all members of the EFP’s project committee, who worked hard in helping to process this scientific information into suitable material for our medical colleagues and the population.”

Xavier Struillou, president of the EFP, adds: “Partnering with WHF for this joint project is a qualitative step forward for us, given WHF's leadership in heart and cardiovascular diseases and its worldwide reach. Perio & Cardio reinforces the leading role being played by the EFP in its pursuit of periodontal health for a better life everywhere.”

“Most people are dangerously unaware of the increased risk of heart disease associated with poor periodontal health,” explains Jean-Luc Eiselé, CEO, World Heart Federation. “This project aims to raise awareness of this important link not just among the general public, but also among nurses, dentists, cardiologists and other medical professionals who play a key role in managing heart disease risk factors among their patients. We are proud to be joining forces with the European Federation of Periodontology to shine a light on this important issue.”

The Perio & Cardio campaign, like the Perio-Cardio Workshop, is sponsored by Dentaid, an EFP partner.

**EFP, global benchmark in periodontology**

The European Federation of Periodontology (EFP, [www.efp.org](http://www.efp.org)) is a non-profit organisation dedicated to promoting awareness of periodontal science and the importance of gum health. Its guiding vision is “periodontal health for a better life.”

Founded in 1991, the EFP is a federation of 37 national periodontal societies that represents more than 16,000 periodontists, dentists, researchers and oral-health professionals from Europe and around the world. It supports evidence-based science in periodontal and oral health, and it promotes events and campaigns aimed at both professionals and the public.

The EFP organises EuroPerio, the world’s leading congress in periodontology and implant dentistry, as well as other important professional and expert events such as Perio Master Clinic and Perio Workshop. The annual Gum Health Day on May 12, organised by the EFP and its member societies, brings key messages on gum health to millions of people across the world.

The EFP also organises workshops and outreach campaigns with its partners: projects to date have covered the relationship between periodontal disease and diabetes, cardiovascular disease, and caries, as well as women’s oral health during pregnancy.

The EFP’s *Journal of Clinical Periodontology* is the most authoritative scientific publication in this field. The federation also publishes *JCP Digest*, a monthly digest of research, and the quarterly *Perio Insight* magazine, which features experts' views and debates. The EFP’s work in education is also highly significant, notably its accreditation programme for postgraduate education in periodontology and implant dentistry.

The EFP has no professional or commercial agenda.

**About the World Heart Federation**

The World Heart Federation (WHF) unites the cardiovascular community and drives the agenda to reduce the global burden of cardiovascular disease and help people live longer, healthier lives. Together with our Members, we are working to end needless deaths and build global commitment for improved cardiovascular health at the global, regional, national and community levels. We believe in a world where heart health for everyone is a fundamental human right.

To learn more, visit [worldheart.org](http://www.worldheart.org/)

**ENDS**

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