CLSA Approved Project

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Project Title
Quantifying the Associations of Oral Health and Cardiovascular Health Using Baseline Data of the CLSA

Project Summary
Oral health is a component of overall health, with poor oral health being associated with many diseases and disabilities, including heart disease, which is the second largest cause of death in Canada. Oral diseases, including dental decay and gum disease, are common, and continue through the lifespan. Little is known, however, about how heart disease risk factors such a smoking, eating patterns, and exercise are associated with poor oral health indicators, such as loss of teeth or bleeding gums. This is especially true for linking earlier indications of heart disease such as biomarkers that could predict future heart disease problems with poor oral health. This study proposes to examine the association of risk factors of heart disease with poor oral health, using the Canadian Longitudinal Study on Aging (CLSA) cohort of ~30,000 people age 45-85 years old.

Keywords
CLSA, Oral health, CVD, Biomarkers