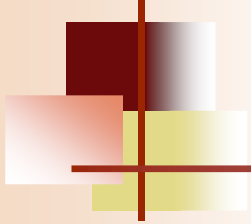


Perio-systemic disease connection





Gaylina Reachi DDS

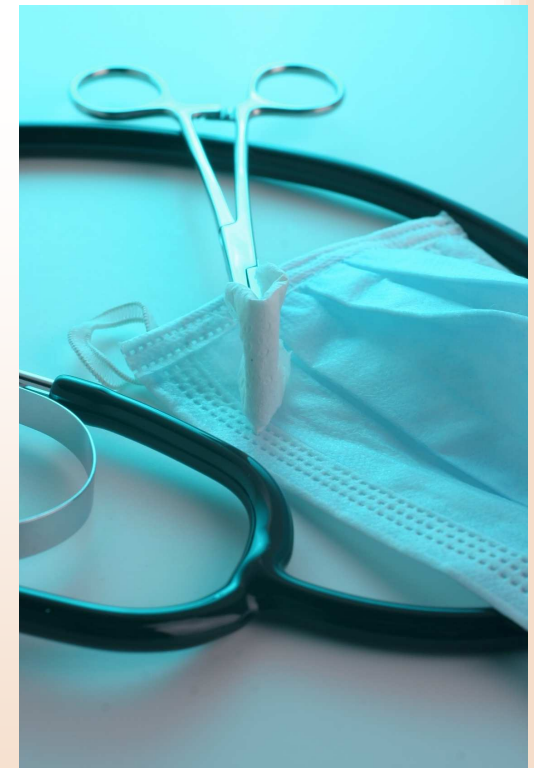


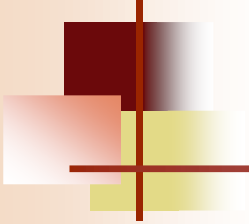
The circle of health and disease



5 Things Everyone Should Know About Gum Disease

- Gum disease is caused by bacteria
- We get that bacteria from others therefore it is **contagious**
- Gum disease affects your health
- You can heal it in it's earliest stages
- You loose your teeth in it's latest stages





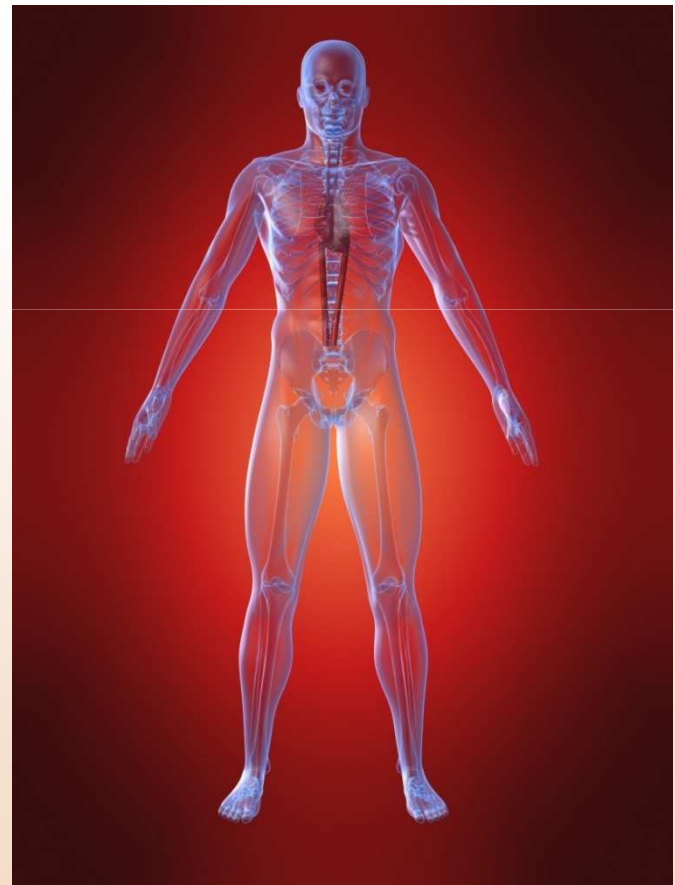
Periodontal - Systemic Disease Connection

- Periodontal disease affects over 60% of the population, the older the individual the more likely the disease
- Recent research suggests periodontal disease influences several medical conditions. More research is needed and is coming
- Therefore controlling this disease will likely help other conditions

Preventable!

Periodontal Disease Affects Multiple Systemic Conditions

- Cardiac disease
- Diabetes
- Stroke
- Aspiration pneumonia
- Pre term deliveries
- Infertility
- Alzheimer's



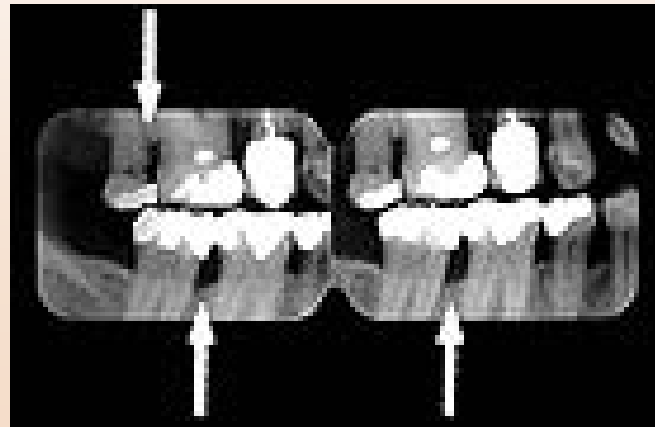
Periodontal Disease

- Periodontal (gum) diseases, including gingivitis and periodontitis, are serious infections that, left untreated, can lead to tooth loss. Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth. It begins when the bacteria in plaque (the sticky, colorless film that constantly forms on your teeth) causes the gums to become inflamed.



Signs and Symptoms

- Red gums
- Sore gums
- Bleeding gums
- Bad breath



Treatment: Protect yourself

- Brush teeth 2times daily for 2 minutes
- Use an electric toothbrush
- Floss daily
- Get at least 2 cleanings a year
- Scaling therapy
- Laser therapy
- Surgery





What Is the Medical Connection

- Bacteria {we get it from other people therefore it is contagious}
- Food source {Bacteria eat carbohydrates, they don't know the difference between broccoli or a candy bar}
- Waste byproduct {After you eat the bacteria eat too, then they release an acidic waste byproduct that can do harm to you and your teeth}
- Plaque {a natural matrix that your body produces and bacteria contribute to and live in. The sticky white substance at the gum line is the perfect hiding place for bacteria}
- Acidic environment {Acid contributes to inflammation and our bodies hate chronic long term inflammation, it leads to destruction}
- Redness, swelling, tenderness *inflammation



The Inflammation Connection

Inflammation represents the body's protective response against injury and tissue destruction. This response is complicated consisting of highly coordinated events at a cellular level; Its purpose is to destroy, dilute or sequester the injurious agent to allow healing of the tissues. Inflammation is a defensive mechanism intended to protect the host, but can also be potentially harmful leading to systemic injury and disease. When inflammation is present the bodies response is an elevation of c-reactive protein from the liver. Increased CRP is a better indicator of future heart attack than a cholesterol test.

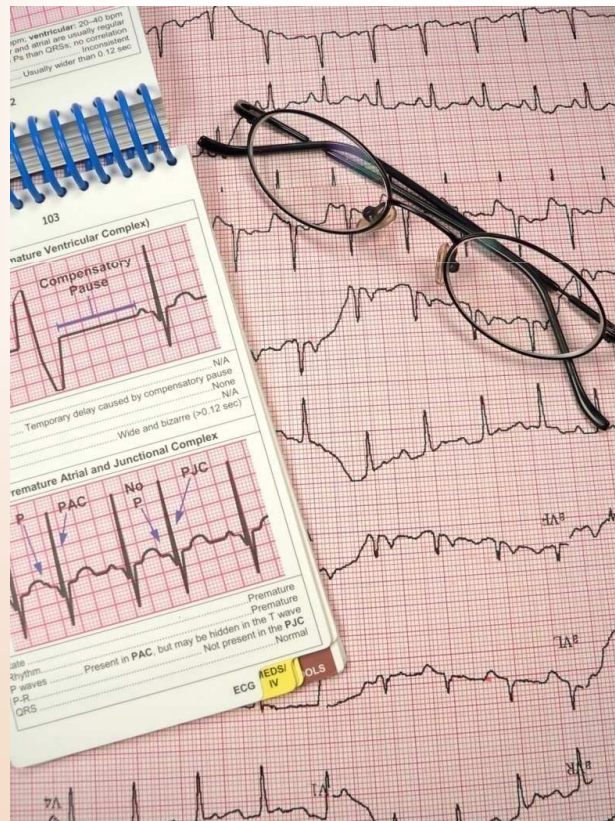


Cardiac Disease



According to the American academy of Periodontology; Diseased gums release higher levels of bacterial inflammatory components, such as endotoxins, into the bloodstream of patients with severe periodontal disease compared to healthy patients. As a result, these harmful bacterial components in the blood could travel to other organs in the body, such as the heart, and cause harm.

Signs and Symptoms



- Mostly a silent killer
- Some people feel a tightening in the chest, shortness of breath, and experience sweating
- Others may have facial pain
- Some have few symptoms
- How many of you have had or know someone who has had a heart attack. They are all too common

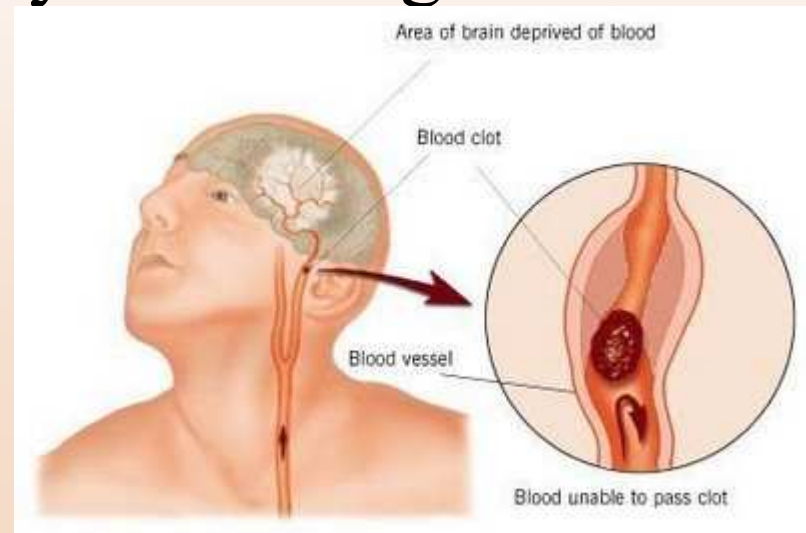
Diabetes

People with diabetes are more likely to have gum disease than people without diabetes, probably because diabetics are more susceptible to contracting infections. In fact, periodontal disease is often considered the sixth complication of diabetes. Those people who don't have their diabetes under control are especially at risk.



Stroke

- Active periodontal inflammation may contribute to an increase of blood clots through platelet activation, and elevated clotting factors, thereby increasing the risk of stroke.



Aspiration Pneumonia

- When bacteria laden plaque builds up on un-cleaned surfaces in mouth each breath draws microscopic pieces into lung which isolates it into one area and eventually the



body loses the fight against the bacteria leading to aspiration pneumonia



Caring for a Loved One

- Some basic tips to help you care for your loved one.
 - An electric toothbrush can be a big help. Brush for 2 minutes 2 times a day.
 - Dentures should be cleaned thoroughly everyday, unclean dentures and teeth can contribute to **aspiration pneumonia**.
 - Dentures should come out at night for 5-8 hrs.
 - Rinse mouth several times a day with water; It removes food particles, bacteria, and brings the PH to neutral; Acidic oral environment leads to **cavities**
 - Choose fluoridated city water over bottled; Fluoride and calcium help heal small cavities and prevent new ones.
 - See your dentist at least once a year whether you have teeth or not, **oral cancer** is prevalent and dangerous; A routine checkup could save a life

Pre Term Deliveries



- We used to think it was just the stress on the mother
- Evidence of bacteria in amniotic fluid of early term infants

Infertility



Unknown etiology
but high
percentage of
women with
infertility issues
have moderate to
advanced stages
of periodontal
disease

Prevention Is Less Expensive Than Treatment



- ***You know what to do!***
- Exercise
- Plenty of water
- Eat healthy
- Brush 2 times daily
- Floss every day
- Twice yearly dental cleanings
- Routine dental check ups
- Regular medical exams
- ***JUST DO IT***

Avoid the Alternative to Prevention... Treatment



- Routine cleanings cost less than scaling
- Eating right costs less than heart surgery
- Appropriate weight is easier to maintain than diabetes
- Brushing and flossing costs less than gum disease

Goal: total health for a lifetime

Remember the old
lyrics the ankle
bones connected to
the knee bone ? It's
accurate!

See your doctor and
dentist regularly!

Do what you know
you need to!

