

The Connection between our Mouths and Overall Health

We, at Tri City Dental Care of Cerritos considered ourselves more than Dentists but Oral Physicians and feel we need to do our part in working with medical physicians to better care for your overall health needs.

With increased awareness and overall health issues in the medical field, Dentistry has become even more integrated with our Medical colleagues. The US Surgeon General report has stated that oral health is essential to the general health and well-being of all Americans and that oral health is integral to general health. This report provides important reminders that oral health means more than healthy teeth and that you cannot be healthy without oral health. Studies show *that up to 50% of heart attacks are triggered by oral bacteria.*¹ *Others have demonstrated links between oral bacteria and diabetes,*² *high blood pressure,*³ *dementia,*⁴ *autoimmune diseases,*⁵ *preterm labor, miscarriage, and infertility,*⁶ *among other serious systemic complications. Not surprisingly, the dental community is acting on the research by providing preventive services, such as oral cancer screening, CT scans, and saliva testing - definitive movement integrating the mouth and body.*

In some more current and highly reputable medical journals they've now made the connection between oral-systemic interconnections more as fact rather than theory. They read as follows:

The November 2014 issue of *Current Cardiology Reviews* (Curr Cardiol Rev. Nov. 2014;10(4):355-361) contains a study that states: "Cardiovascular diseases are the leading cause of deaths. Also, cardiovascular risk factors start the atherosclerotic process, which leads to cardiovascular diseases. Nowadays, periodontal disease can also be considered another cardiovascular risk factor. It involves inflammatory, immunological, and humoral activities, which induce the production of proinflammatory cytokines and the destruction of the epithelium. This allows the entry of endotoxins and exotoxins in the bloodstream, which may contribute to atherogenesis and thromboembolic events. There is also direct invasion of the vessel wall by oral pathogens, triggering an inflammatory response that produces endothelial dysfunction."

Another 2014 study in a medical journal states: "Epidemiological, biological, and clinical links between periodontal and cardiovascular diseases are now well established. Several human studies have detected bacterial DNA corresponding to periodontal pathogens in cardiovascular samples. Intraplaque hemorrhage has been associated with a higher risk of atherosclerotic plaque rupture, potentially mediated by neutrophil activation. In this study, we hypothesized that plaque composition may be related to periodontal pathogens."

(Atherosclerosis. Oct. 2014;236(2):448-455. Epub Aug. 11, 2014).

A 2014 study of prediabetes indicates the following: "... prediabetes is associated with associated disorders typically only considered in with established diabetes. These include cardiovascular disease, periodontal disease, cognitive dysfunction, microvascular disease, blood pressure abnormalities, obstructive sleep apnea, low testosterone, metabolic syndrome, various biomarkers, fatty liver disease, and cancer." (Endocrine. Oct. 8, 2014. [Epub ahead of print])

Our Doctors and staff at Tri City Dental Care of Cerritos will work more closely with our medical colleagues and insurance plans to ensure your overall health is being monitored. In today's society, millions of people suffer from the above systemic issues. If we combine that with oral cancer, oral infections, and sleep apnea, the yearly morbidity is unfortunately high. With our improving technology at Tri City Dental Care of Cerritos the Doctors are better at detecting, monitoring, and curing at a much earlier stage that will ultimately prolong and/ or improve the person's quality of life. For these reasons medical insurance companies are reimbursing dentist for many procedures that the medical world doesn't perform due to the simple fact that they are not trained in the specialized area of the oral cavity region. So, the next time you return to the office you can rest assure we will be evaluating and assessing your dental (teeth) needs but also how it can relate to your medical situation as it relates to your overall health. Please feel free to have a discussion with any of our doctors.

Thank you,

Drs. Chin, Wong and Jen Kin

Tri City Dental Care of Cerritos

References

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