

Oral Health & Healthy Aging

Gum Disease Leads to Alzheimer's

"Poor Oral Health Creates System-Wide Inflammation and Chronic Diseases"



The expression "long in the tooth" is not just a poetic description of aging. A "long tooth" is one with a receding gum line and an unhealthy tooth.

We now know that unhealthy teeth spew bacteria into our system and cause disease that accelerate aging.

Oral bacteria are very hard to eliminate because they form tough communities known as biofilms. Inflammation triggered by our immune system can develop due to periodontal disease. This disease impacts 80% of Americans over 65 and is viewed as a "silent epidemic" by a former Surgeon General.

Kitchen or Bathroom?

Scientific American explored the connection between oral and whole body health. They showed that, when it comes to disease, the mouth is the dirtiest and most connected part of the body.

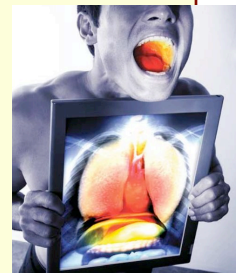
Periodontal disease is responsible for a myriad of diseases. Bacteria that grows in the mouth can spread to both the blood vessels and the nervous system.

Cardiovascular disease is now strongly associated with "bad teeth" because of bacteria.

Did you know that, as you age, you lose height due to oral

bacteria? Bugs from the teeth get into spinal fluid and cause the discs of the

vertebrae to become inflamed and compress. If the bacteria can inflame your spine, they can inflame your brain.



Oral Health and Alzheimer's Linked

Periodontal disease is now linked to Alzheimer's disease based on a new long-term study at NYU. The study shows that gum inflammation is not isolated to the oral cavity but can spread widely and cause neuro-inflammation that contribute to rapid neurodegeneration and to Alzheimer's. The NYU team studied 20 years of data

to support their theory. "Cognitively



normal people with periodontal inflammation are at increased risk compared to those with little oral inflammation." This closes the loop between oral inflammation, cardiovascular, and Alzheimer's.

You have control over Alzheimer's. Get regular hygiene checkup, brush, and floss.