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Oral Bacteria Breaks Blood/Brain Barrier

Bacteria in the mouth have been linked to heart disease, premature birth, uterine infection, diabetes, and now dementia.

/24-7PressRelease/ - LOUISVILLE, KY, April 15, 2008 - **Bacteria in the mouth have been linked to heart disease, premature birth, uterine infection, diabetes, and now dementia as well.** There are possibly many more ailments that have not yet been linked to oral bacteria, but one thing is for sure, **bacteria in the mouth is responsible for a significant portion of disease in our body.** With the news that the brain may also be negatively affected by oral bacteria and the destructive immune response that the body mounts in response to it, preventing the proliferation of this bacteria should become a primary objective for all of us.

Prevention of oral bacteria entering the blood stream is a crucial element of overall body health. If you bleed when you floss or brush then the barrier in your mouth is broken down and this aggressive bacteria is entering your system. With the established links of this bacteria to almost every major debilitating disease it is essential that your dentist helps you form a plan to heal the gum tissue and prevent the bacteria from entering your system.

Dr. Christian W. Hahn from the Center for Ideal Dentistry points out that "because the brain is undergoing final maturation in childhood, adolescence and even young adulthood, oral diseases in early life might be particularly damaging to the brain." This is important information for every parent as most children do not brush very well especially if they are wearing braces, leaving them susceptible to attacks by bacteria for many years. Seeing a dentist that points out the inflammation around the teeth and the need for excellent home care visit after dental visit without aggressive treatment is what I like to call **"supervised neglect"** and does nobody any good.

Your immune system is your only defense against every disease, bacteria, virus and fungus in the world. Every infection, cold, or injury stresses the immune system and makes us more susceptible to other pathogens. **If the immune system fails then even the common cold will be fatal.** Therefore it is to our advantage to build and maintain the strongest immune system we can. This can be accomplished through proper diet, exercise and the reduction of immune system stressing events such as infections in the mouth.

"At The Center for Ideal Dentistry we take your health very serious", says Dr. Charlie W. Vittitow, "and we work with you continuously on improving your personal dental scenario." Heart disease, diabetes, premature births and dementia are no laughing matter. *We need to take ownership of our health and be proactive rather than retroactive.* A filling is retroactive as it frequently could have been prevented in the first place. Teaming up with a committed dental care team is a formula for a long and healthy life.

About The Center for Ideal Dentistry

The Center for Ideal Dentistry is the only accredited (through the American Academy of Cosmetic Dentistry) cosmetic and general dental practice in the greater Louisville area. We focus on your overall health and well being, not just teeth. For further information, please contact us at (502) 244-0097.