

# Periodontal News

Winter 2008

Volume 3, Issue 1

## Warnings for Patients on Medication for Osteoporosis

Bone is a living tissue that is constantly being turned over and remodeled. Old bone is resorbed; new bone is formed. Cells that resorb bone are called *osteoclasts*. Bone-forming cells are called *osteoblasts*.

Bisphosphonate medications, such as Fosamax or Boniva, are used to treat osteoporosis. Bisphosphonates are a group of drugs that inhibit osteoclastic function, and/or cause what is known as cell death. Their use has been associated with a condition termed osteonecrosis of the jaw, or ONJ. Osteonecrosis literally means "dead bone". The condition is characterized by exposure of the bone in the mandible or maxilla in a patient who is taking a bisphosphonate, and who has no history of radiation therapy to the jaw.

In order to prevent this condition, make sure you let your dentist know if you are taking one of these medications or if you have a history of osteoporosis.

## Headaches?

**Get Relief!** A therapeutic massage can help **REDUCE** anxiety and is beneficial to the oral tissues, head/neck/jaw, and other areas of the upper body.

**How will massage therapy help before I see the dentist?**

Massage therapy can help relax your mind and body. Through increased circulation, massage can help prepare the area for dental work.

**How will massage therapy help after I see the dentist?**

Massage is very beneficial in the overall healing process. Massage can help reduce jaw/neck/head pain, muscle tension, spasms, headaches, TMJ swelling, and increase mobility.

## Periodontal Disease Now Linked to Pancreatic Cancer

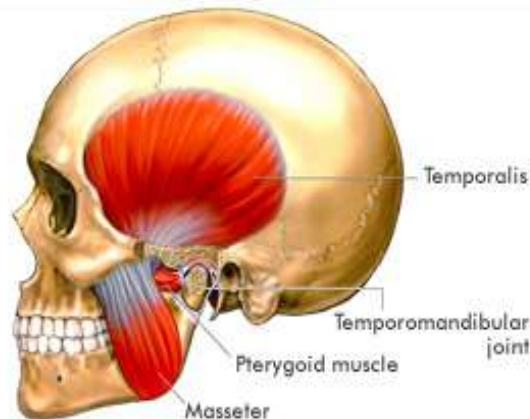
In all of our past newsletters, you have read about the detrimental effects of periodontal disease on the body. Scientists have new evidence that gum disease is linked to the fourth-leading cause of cancer death in the U.S., pancreatic cancer.

Researchers found that men with gum disease had a 63% higher risk of getting pancreatic cancer as compared to those without the condition.

People who have severe periodontal disease also often have higher levels of C-reactive protein, which is a marker of chronic inflammation. Inflammation can cause cell mutation and proliferation, which in turn can promote tumor development. Persistent inflammation also seems to inhibit the body to allow cells to die--a process called programmed cell death--and that may lead to cancer.

The pancreas is a digestive organ responsible for producing hormones and digestive enzymes. Pancreatic cancer affects around 33,000 people each year, and almost that many die within months of diagnosis. Oral health is an aspect of a healthy lifestyle to prevent serious health issues.

*TMJ disorders can be a source of headaches, facial pain, limited opening of the mouth, and popping or clicking in the jaw.*



See us on the web now! Check out our website at [www.jfbonickdds.com](http://www.jfbonickdds.com) to read more!

James F. Bonick, D.D.S., Periodontics, P.C. 219-769-2200

8585 Broadway, Suite 725, Merrillville, IN 46410

[www.jfbonickdds.com](http://www.jfbonickdds.com)

-

|

-