

# Periodontal News

Fall 2007

Volume 2, Issue 2

## Coping with Stress

### Treat Your Gums, Treat Your Heart

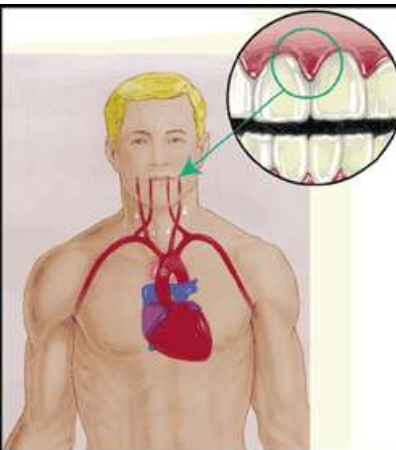
In our past newsletters, we have talked about the profound effect that periodontal disease can have on your whole body. It is well documented that it can cause pre-term, low birth weight babies, complications with diabetes, and cardiovascular disease (CVD). CVD is the number one killer of Americans, male or female. We also know that having your periodontal disease treated can go a long way toward preventing CVD and other systemic health issues.

The good news is that not only can we prevent CVD, but we can actually make it better by treating periodontal disease. A new study published in the New England Journal of Medicine shows that aggressively treating periodontal disease, a source of low grade inflammation in the body, results in long term improvement in vascular function. This study is also corroborated by Aetna Insurance, whose studies showed that "periodontal care appeared to have a positive effect on the cost of medical care, with early treatment resulting in lower medical costs for patients with diabetes and CVD." Aetna also encouraged members who were pregnant or had CVD to seek dental care as a means to improve their overall health.

The Academy of Periodontology (AAP) published a study in the *Journal of Periodontology* regarding stress and its role in treatment outcomes in patients.

The study looked at coping behavior in 89 men and women with periodontitis and 63 healthy patients. All the participants underwent a periodontal examination and took one of the most comprehensive stress questionnaires to determine their coping behavior. Results showed that those with periodontal disease were less likely to use active coping strategies, such as situation control, than those in the control group.

"This further demonstrates a correlation between emotional and psychosocial stress factors and medical treatment success," said Gordon Douglas, D.D.S., and president of the AAP. "It is important that both patients and their therapists understand and understand way to improve their stress coping ability."



### Implant Info

#### Benefits of Implant Dentistry

Tooth replacement that is as close to natural teeth as possible

The only method of tooth replacement that preserves jawbone

Preserves facial structure

Preserves healthy adjacent teeth

Overdentures attach to implants for stability and comfort

Improved chewing function

Enhanced self esteem

In some cases, implants can be placed and loaded on the same day

Long-term positive results

Millions of patients worldwide are enjoying the implant restorative option

Dental implants have been the subject of over 35 years of intensive research worldwide, proving them to be a safe, effective dental procedure

**Call our office today  
to schedule your  
stress relieving  
seated chair  
massage at your next  
cleaning!**

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

8585 Broadway, Suite 725, Merrillville, IN 46410

1140 S. Calumet Road, Suite 1 Chesterton, IN 46304

-

|

-