

Periodontal News

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Laser News

Plaque Bacteria and Heart Attacks

Researchers have found evidence that the amount of bacteria in plaque below the gumline may contribute to your risk of a heart attack, according to 2 studies appearing in the *Journal of Periodontology*. In one study, researchers looked at 150 patients with periodontal diseases and found that the total number of periodontal bacteria below the gumline was higher in those who have suffered from an acute myocardial infarction. The second study found that the same DNA from different kinds of periodontal bacteria in plaque was also in the patients' heart arteries. Researchers believe that these findings may help substantiate what they have long known: if there is a sterile pathway such as a bloodstream near a periodontally affected area, the bacteria from that site cause inflammation in the gums that opens up pores in the surrounding blood vessels, which enables the bacteria to enter the bloodstream, travel to other parts of the body, and cause great harm. These studies represent 2 in a large body of research that investigates the link between periodontal diseases and other systemic conditions such as heart disease, diabetes, pulmonary disease, and pre-term, low birth weight babies.

There are many treatments that can be performed using laser periodontal therapy, a treatment modality that is both more comfortable for you and more effective in many cases.

Laser cutterage-- diseased tissue can be selectively targeted while preserving healthy tissue.

Laser bacterial reduction-- because perio pathogens are tissue-invasive, they are removed with diseased tissue that is cleaned out of the periodontal pocket.

Biostimulation-- studies have shown that certain lasers promote healing by increasing circulation and promoting formation of collagen. The stimulation of healing is very effective at the bottom of a perio pocket, where tissue has become lethargic from bacterial attack. Rejuvenating this tissue promotes pocket reattachment and healing.

Call our office today for more information and to schedule your laser appointment!

Watch for our newsletter next quarter! Have questions or topics you would like to see in the next issue? Email rubiato@sbcglobal.net and we'll try to include it!

Oral Cancer Symptoms: Be on the Lookout!

Tobacco use, including cigarette smoking, cigars, chewing tobacco, can cause all sorts of oral problems. In addition to the bad breath, discolored teeth, receding gums and periodontal disease, there are even greater risks and side effects to tobacco use, like the destruction caused by oral cancer.

The signs of oral cancer include erythroplakia and leukoplakia, reddish lesions and white lesions, respectively. The white are more common, but the red are more likely to be cancerous. Both should be watched and evaluated. A biopsy can establish a diagnosis. Other symptoms that could indicate oral cancer include:

Dentures that no longer fit due to swelling in the jaw.

Lumps or thickening in the oral tissues.

Pain in the ear.

Problems with swallowing and chewing.

Persistent feeling of having something caught in the throat.

Problems moving the jaw or tongue.

You should be watchful for the signs mentioned and report any problems for further evaluation.

Pick up the Braun Oral-B toothbrush from our office! This model is not available in stores! Get yours today!

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