

# IT IS THE MOST EXCITING INFORMATION IN DENTISTRY—EVER!!!

by Ron Scheffore, DMD

**C**an we save our patient's life? Usually this is reserved for the MDs, but a current study can put the dentist in the forefront to help reduce premature heart attacks and strokes.

I will begin by stating some facts that you might already know. According to the ADA, there are about 200 million people that will experience some degree of periodontal disease in their lifetime and it is the leading cause of tooth loss and bad breath in baby boomers.

We all know the following diseases are linked to periodontal disease: heart disease, strokes, diabetes, respiratory disease, osteoporosis, low birth weight, and spontaneous pre-term births. Due to the periodontal bacteria entering the blood stream, I am sure in the future that scientists are going to find other physical problems that can arise.

One-and-a-half million Americans a year have heart attacks and 40% die because of them. Twenty percent of all deaths in the U.S. are caused by heart disease. 13 million people have angina due to coronary heart disease and an estimated 400,000 new cases of stable angina occur each year. Strokes are the third biggest killer in the U.S. Aren't all diseases of the heart, bleeding gums, and strokes vascular problems? **All the leading scientists say that inflammation is the real culprit in heart disease and strokes. Inflammation is also a major problem in periodontal disease. By reducing vascular inflammation in the periodontal tissue, can we also reduce vascular inflammation throughout the entire body?**

According to the New England Journal of Medicine, C-Reactive protein is produced by the liver in response to inflammation. It is a more accurate indicator of a future heart attack and stroke than cholesterol. Are C-Reactive levels elevated when chronic inflammation in the mouth (periodontal disease) is present? Preliminary findings in our study indicate that C-Reactive levels can go as high as 3-5 mg/L (medium to high risk) with people that have bleeding gums upon probing and pocket depths of only 4 mm!!! Many offices find there is a better periodontal outcome after scaling/root planing when they include nutrition as an adjunct to treatment. Preliminary findings in our office indicate a huge drop in C-Reactive protein levels adding pharmaceutical grade supplements as an adjunct to scaling and root planing. Research shows that people with periodontal disease are low in antioxidants. Why not use grape seed extract which is 20 times more potent than vitamin C and 50 times more potent than vitamin E as an adjunct to scaling and root planing?

In France they have been using grape seed extract for 40 years to treat blood vessel problems. The French do have a much lower risk of heart disease and strokes even with a diet high in fat. Quality grape seed extract inhibits plaque formation. It also inhibits toxins such as collagenase and serine proteases secreted by bacteria and white blood cells. It deactivates oxygen free radicals that lead to the destruction of soft tissue.

For all of us doing cosmetic dental procedures, grape seed extract has a positive effect on the skin giving it a more youthful glow. Grape seed extract quality can vary enormously so you must know the quality guarantee of your supplier. Our grape seed supplier extracts the lowest molecular weight esters for the very best absorption.

There is only one facility in France and one facility in Italy that performs this unique distillation to achieve the quality we are looking for. Why not use natural anti-inflammatories (grape seed extract and CoQ10) as an adjunct to scaling and root planing? People taking in fewer than 500 mg. of calcium a day were twice as likely to have periodontal disease. However, too much calcium inhibits magnesium, which is essential to the production of the hormone calcitonin. The optimal supplemental ratio of calcium to



magnesium is 1:1. Magnesium is also an essential co-factor for the conversion of the active form of vitamin D, which is required for calcium absorption and its deposit into bones. If a person has a daily intake of less than 60 mg. of Vitamin C, they were one and a half times more likely to have severe gingivitis. Vitamin C works synergistically with vitamin E, bioflavonoids (grape seed extract) and vitamin E. It is thought that calcium builds bone density around the teeth and that vitamin C repairs healthy connective tissue around the teeth. Vitamin C and E work together to reduce the damaging effects of the oxygen free radicals released by the neutrophils in response to bacterial toxins in the periodontal tissues—this is called the antioxidant effect. It becomes obvious that blending specific vitamin ingredients together is very important.

Folic acid has many benefits and is not just for pregnant women. Folic acid is the number one nutrient deficiency in the world! It is important in new cell division where the periodontal tissues have a high turnover. Folate works with vitamin B12 to neutralize the bacterial toxins that irritate the gums. For overall wellness, folic acid works with Vitamin B6 and B12 to decrease the components that start arteriosclerosis. CoQ10 enhances the biochemical production of ATP energy in the gingivae, which improves healing response. This means that you can scrape the gums till the cows come home but if the nutrition is lacking, our periodontal results are not going to be good—especially long-term! If the condition of the perio is not good, the C-Reactive protein levels cannot be good. Before you turn your nose up to pharmaceutical grade vitamins made specifically for dentistry, you might want to talk with the offices that have used them the past eight years. Our office uses Pharmaden nutraceuticals ([www.Pharmaden.net](http://www.Pharmaden.net)) because they contain all the ingredients we are looking for, blended together properly in two easy-to-swallow capsules. They used 70 dental related studies to create their high absorbing products for dentistry. Their Loma Linda double blind placebo study with periodontal patients using Pharmaden's Periotherapy product can be found at [www.Pharmaden.net](http://www.Pharmaden.net). If vitamins help the blood

vessels in the mouth to stay healthy, wouldn't they improve the health of blood vessels throughout the rest of the body?

It does no good to help patients achieve periodontal wellness after our initial treatment of scaling and root planing if we see bleeding gums and pocket depth at their three-month cleaning appointment. Since most patients will not floss daily or brush long enough at home, we surveyed hundreds of patients to develop a home hygiene program that they would comply with. The at-home program starts with the patient taking their pharmaceutical grade vitamins by Pharmaden to help build their immune system. We found through our surveys that most people will not change their diet long-term, but they will slug down a couple of vitamins with their starbucks in the morning! Next we have them use a "gum" brush (rotary brush) dipping it in antimicrobial mouthwash (ClosysII) and cleaning by the gum line about three seconds on each tooth front and back. Patients accept the fact they need a brush for their gums and a brush for their teeth

Next they use their regular brush with antimicrobial toothpaste (ClosysII) in the usual manner on the teeth, tongue, and roof of the mouth. Finally they finish cleaning with a plastic toothpick (rotopoint). Most patients will not floss every day, but our survey found they will use a toothpick after meals or while driving in their car.

Our periodontal step-by-step office procedure starts with charting, full mouth x-rays, patient interview, health history, exam, patient presentation, and financial arrangements. We found that the exam and patient presentation

