

YOUR DENTIST CAN SAVE YOUR LIFE

Inflammation ... a ticking health timebomb!

As a dental professional, I see it every day. Inflammation in the mouth. Better known as periodontal disease or bleeding gums.

A considerable amount of research has confirmed that this condition allows bacteria to enter the bloodstream – which in turn can lead to serious health issues.

In fact, your dentist can save your life because we can identify potential health issues early. Rest assured, when I see inflammation in a patient's mouth, we take immediate steps to help correct it.

But inflammation is not just an oral health issue...

To begin with, there are many causes of chronic inflammation which can include exposure to bacteria or viruses. Symptoms of inflammation include everything from redness in the tissues, swelling, joint stiffness and pain, to fatigue and even loss of appetite.

Here is the big picture we should all consider. Thanks to break-through advances

in modern medical science we may finally be zeroing in on what will realistically enable people to live longer and healthier lives. And it all may boil down to what we are willing to give up. Researchers studying the process of aging now believe that chronic inflammation is a universal condition – one that contributes to many



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of our common debilitating ailments from diabetes and heart disease and Alzheimer's -- to an autoimmune condition like rheumatoid arthritis. It can best be described as a "low-grade irritant" that progresses slowly. Researchers refer to this as "inflammaging". It can impact the health of virtually every bodily system and is considered to be a true threat to our on-going health and longevity.

Chronic inflammation is also a tough

adversary to overcome. We now know it can last indefinitely in our bodies as our immune system fails to completely shut down as it responds to not only illnesses but also an injury. It should be noted chronic inflammation is also associated with exposure to foreign substances-- like asbestos -- that the body has difficulty eliminating.

But as is usually the case, the more we learn the more we are able to fight back.

In Part Two of this feature we will explore how recent research has identified practical steps we can all take that can minimize the harmful effects of chronic inflammation that can stop — and potentially even reverse — its progression.

Inflammation is an important health issue, one that impacts us all. As I said, in our dental practice we deal with inflammation each and every day, and in so doing we strive to help our patients achieve optimum oral as well as overall health. If you are experiencing the symptoms of inflammation you should of course see your doctor.

And we are here for you and your family as well. If you have questions, please call.

Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to www.grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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