

**YOUR DENTIST CAN SAVE YOUR LIFE**

# Oral systemic health — the new frontier!

If you are a regular reader of this feature, you know I make a concerted effort to keep abreast of not only oral health issues but the latest information on how we can stay healthy, enjoy life more, and live longer.

I have long dreamt of the day when physicians and dentists would coordinate their care, to assure patients get a full and complete focus on their health to achieve optimum treatment outcomes.

That day has arrived for Grand Oaks Dental.

I am pleased to announce I am now a member of the American Academy for Oral Systemic Health. The academy is a non-profit organization comprised of health professionals dedicated to expanding awareness of the relationship between oral health and whole-body health.

Here is a prime example of this relationship...

Periodontal disease is now considered to be a complex oral as well as systemic disease that requires a coordinated care team to include both dental and medical professionals.

Just consider what medical science has learned:

- 50% of heart attacks are triggered by oral pathogens.
- Oral exams provide early detection of atherosclerosis, a form of arteriosclerosis characterized by fatty deposits on the inner surface of arteries.
- Six oral bacteria have been identified that appear to cause Alzheimer's.



**Dr. Gabrielle F. Cannick**

• Gingivitis is an oral bacterium that raises risk for a heart attack by twice that of a heavy smoker!

• Periodontal disease is as big a risk as high blood pressure for strokes.

Medical and dental schools are now studying dental plaque as a dental disease, the destructive forces of which cause systemic diseases such as cardiovascular disease, stroke, Alzheimer's, diabetes, rheu-

matoid arthritis, and more. Looking ahead, large oral care companies are now directing their future research and products at oral-systemic health.

There's more. The bad bacteria associated with both Periodontal disease and systemic diseases can be tested for in the dental office. A surprisingly large portion of the American population is above the desired level for these harmful bacteria. Think of the benefits of early detection via oral exam in helping people avoid serious health issues!

This is an exciting time. And at Grand Oaks Dental we are actively working to integrate oral-systemic health into our practice. The objective is to offer our patients a coordinated care team with physicians in our area, partners that understand the importance of dental care in medical outcomes. In addition, we are reaching out not only to our patients but to the community to educate them about our approach. I will cover more on this subject in future features. So, with this step we are improving and

expanding our ability to help our patients. Think of us as your hometown resource -- dedicated to your optimum oral as well as overall health. If you have questions, please call.

*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 [grandoaksdental.com](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.*

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