

YOUR DENTIST CAN SAVE YOUR LIFE

Inflammation ... a ticking health time bomb Part 2

Inflammation is often associated with oral or gum health. But there is more to it. Chronic inflammation in our bodies is about how and why we age. It is a slow process that contributes to health problems from diabetes, cancer, and heart disease to arthritis, depression, and Alzheimer's.

Over time it not only affects our quality of life, it can shorten it.

Fortunately, we live in a time when we are learning more and more about how to maintain our health and quality of life. There is a term for it, Healthspan.

While Lifespan refers to the years we live, Healthspan is how many years of our lives we are healthy. It is estimated most of us live about 20% of our lives -- unhealthy! But it doesn't have to be this way. Consider what would happen if we focused ourselves and our families around the concept of prevention. Rather than confronting health problems after they occur, we focus on things that help promote a long, healthy, and fulfilling life. Good for us individually,

Good for our healthcare system. And good for society.

We are understanding more and more about chronic inflammation and how to not only fight it but even reverse its progression by making a few simple life choices.



Dr. Gabrielle F. Cannick

Let's start with what we eat. This will likely sound familiar. You want to drive that pain away in

your joints? Start today building your diet around leafy vegetables;

fish like salmon, mackerel, tuna and sardines; fruits like strawberries, blueberries, apples, grapes, oranges and cherries; nuts like almonds and walnuts; and olive oil.

This is basically a high-fiber diet rich in elements that have anti-inflammatory effects. Note: Coffee and tea are also anti-inflammatory.

Here's what can make inflammation worse. Refined carbs like white bread, white rice and pastries; sugary beverages; deep-fried foods; and processed meats. These foods are also linked to obesity, itself a risk factor for inflammation.

Of course, exercise. You need 30 minutes a day 5 days a week walking or riding a bike. We can all find that much time for ourselves to stay healthy! Add a little strength training. Being overweight increases your body's inflammatory burden. Do not neglect regular dental cleanings This controls bleeding gums, a source of chronic inflammation associated with heart disease.

Stress also contributes to inflammation. It comes with modern life, but we can learn to manage it better. Poor sleep habits can fuel chronic inflammation. Be judicious in your use of antibiotics, antacids and anti-inflammatory drugs.

I have long advocated making good life choices when it comes to our health. I have also stressed that good decisions have a positive, cumulative effect. Start today. In

our dental practice we know the health risks associated with inflammation. And we help our patients overcome it. Call us. We are here to help. 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 [grandoaksdental.com](http://www.grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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