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Gum Disease: A Serious Infection

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According to research done by University of North Carolina at Chapel Hill, the connection between gum disease and heart attacks is higher than the connection between high cholesterol and heart attacks. Research has found possible links between periodontal infections and other diseases. "Current studies suggest that there may be a link between periodontal (gum) disease, heart disease and many other health conditions. Research also shows that gum disease may be a more serious risk factor for heart disease than hypertension, smoking, cholesterol, gender and age," RusherDentalCare.com stated.

Although the jury is still out on the direct correlation between gum disease and heart disease, RusherDentalCare.com also stated that "the current theory is that bacteria present in infected gums can come loose and move throughout the body."

Therefore, it may be possible for the bacteria that cause periodontal disease and discomfort in the mouth to migrate throughout the body, settle in arteries and adversely affect the heart. How the bacteria are able to travel from a person's mouth throughout the rest of the body continues to be a mystery for professionals, experts and researchers alike. "Researchers are unsure what causes the bacteria to become mobile, but it has been suggested that bacteria can be dislodged and enter the bloodstream during tasks as simple as brushing, flossing or even chewing," said Dr. David J. Fox, a Pennsylvania State Board of Dentistry consultant.

According to GentleDentalCare.com, research shows the worse the infection, the more likely the bacteria are to become blood-borne. Infected gums bleed, making it easier for bacteria to enter your bloodstream. If bacteria become dislodged, the bacteria enter through cuts or sores in your mouth and travel to other parts of the body through your bloodstream.

once the bacteria reach the arteries, they can irritate them in the same way that they irritate gum tissue. This means that your arteries can be covered with arterial plaque and harden, which will inevitably hinder blood-flow. Problematic blood-flow is stressful on vital human organs like the heart and brain. If blood-flow to the heart is compromised, a person could possibly suffer from a heart attack, If arterial plaque loosens and migrates through the body, it could eventually travel to parts of the brain, create blockage, and become a catalyst for a stroke, Even though gum disease can be potentially deadly, there may be little to no symptoms, but there are ways to identify latent bacteria that has become harmful to your gums: gums that are red and irritated, or gums that bleed easily, show signs of infection.

There are many ways to treat and help prevent gum disease; brushing and flossing regularly can remove plaque that can eventually build up and cause gum disease. Scheduling regular dental checkups is an important process in maintaining good dental health. Visiting your dentist at least twice a year is crucial for periodic maintenance.

Gum disease is a serious infection that can cause many health problems and even death, so remember the signs of infection and the keys to prevention so that you can live happy and healthy.



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