

TOOTHFULLY. *speaking*



ORAL PIERCINGS

Dr. Preeti Desai

Researchers at the University of Ohio have proven exactly how emotional stresses impact our bodies. In essence, long standing stresses can change our DNA's behaviour! This in turn affects our whole body and can contribute to inflammatory diseases such as heart disease, diabetes and of course I see people every day with chronic gum disease and subsequent tooth loss.

This cause and effect mechanism occurs when chronic stress changes the gene activity of immune cells in the bone marrow prior to entering the bloodstream so that they're ready to FIGHT infection or trauma when there is none! This is chronic inflammation. Your body is on physiological "high alert". NOT HEALTHY!

Humans were designed to respond to acute/short term stress and insult such as saber tooth tigers, fires or trauma but a constant unnecessary high alert of your immune system has been linked to a range of conditions such as heart disease, diabetes, depression and even cancer. So if you work for a terrible boss, over years this will result in changes in genetic expression of your fighter cells in your immune system resulting in health issues and reduction in quality of life!

In addition, the mouth has an accumulation of bacteria between the gums and teeth (ie pockets), the science of epigenetics has proven that the local fighter cells are also on high alert and this results in bone loss, eventually tooth loss..... all of which can be avoided by "removal" of these bacteria; ie periodontal debridement can treat this condition. Over 80% of people have periodontal disease which is mostly preventable.

Researchers proved this by studying male mice living together and over time, these mice established a hierarchy (akin to Lord of the Flies). When an additional alpha male mouse was introduced into this group - two hours later all the original mice had a four fold increase of immune cells on high alert in their blood and spleen, versus non-stressed mice. Furthermore, compared with the non-stressed mice, 1/3 of the cells were responsible for causing more inflammation.

Humans are not mice but similar results were found in humans as UCLA proved. Comparing people living in different socioeconomic neighborhoods, the poorer populations had 387 genes identified which were up-regulated genes and all were pro-inflammatory. In addition, 1/3 of the genes affected by chronic stress were the same in both humans and mice.

So if New Year's resolutions are your thing, or even if they are not less stress is easily said but hard to implement. The science behind it shows that if you reduce your stress, your quality of life and keeping your teeth longer are all in the cards! Happy New Year Kamloops!

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a. 101-775 McGill Rd, Kamloops

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