



DR PANAHPOUR

THE SYSTEMIC DENTIST

5 Ways Your Teeth Can Impact Your Health

Systemic Dentist ~ March 12, 2018

Shape magazine shares 4 studies and information that supports the systemic connection between oral health and overall health.

[Read it!](#)

It's exciting when a mainstream consumer publication like [Shape magazine](#) recognizes what we already know: the abundance of studies that prove the connection between dental health and systemic health of the rest of the body.

From [Shape](#), January 2018:

5 Ways Your Teeth Can Impact Your Health

"The health of your [mouth, teeth, and gums can tell a story about your overall health](#).



1. Heart Health

Having periodontal (gum) disease puts you at risk for coronary heart disease, according to research published in the *American Heart Journal*.

[read the study](#)

Gum disease causes your gums to become chronically infected, creating bacteria and inflammation that can spread to other areas—particularly the heart, says Kowalczyk. In fact, several types of bacteria that cause gum disease have also been found in the plaque that accumulates in the heart, according to findings from a [study published in the *American Journal of Preventive Medicine*](#).

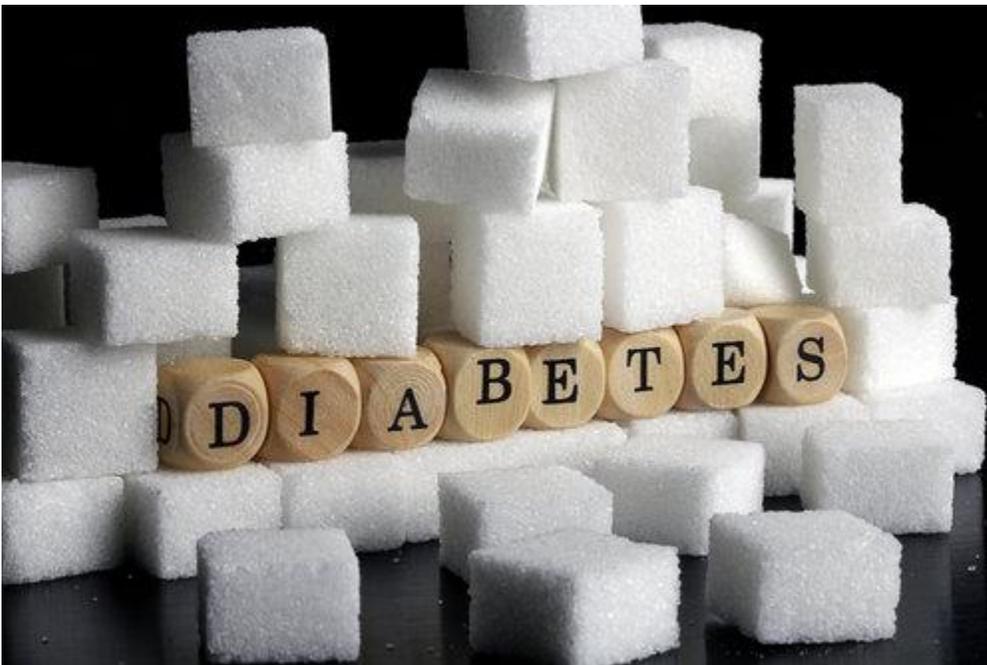
"Bacteria from the mouth travels through the bloodstream and reaches the heart, and can attach to any damaged area and cause inflammation," he explains. Essentially, the inflammation of the gums (bacteria) causes inflammation in the heart (plaque), and over time this buildup puts you at an increased risk for cardiovascular disease."

From Systemic Dentist:

Although it may seem strange that cardiovascular disease may be related to an infection that you can't see or feel and that your general dentist isn't trained to look for in your jaw, it is not surprising to those who have studied the research that has established [an indisputable link between heart disease and gum disease](#).

Check out one of Dr. Panahpour's contributions to the fight against heart disease, [Systemic Dentist's free community monthly "Dental Cultures for Healthy Hearts" checks](#).

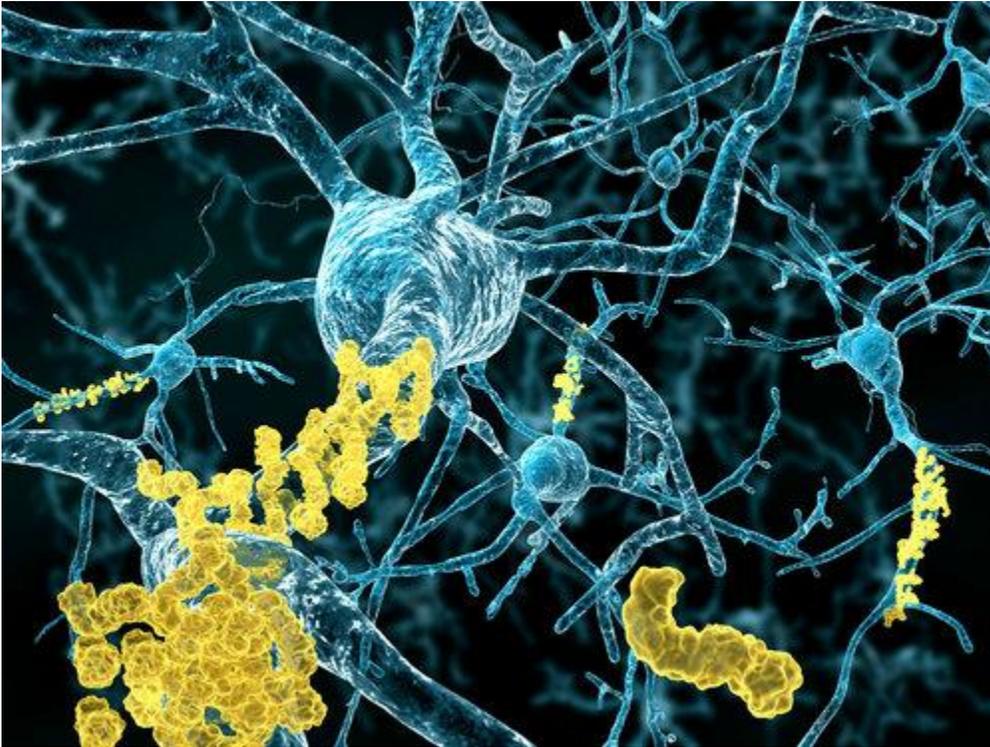
More from [Shape](#):



2. Diabetes

"One study published in *BMJ Open Diabetes Research and Care* found that people with gum disease were 23 percent more likely to have type 2 diabetes than those without the disease.

[Read the study](#)



3. Brain Health

In some extreme cases, plaque buildup in the heart can contribute to problems in the brain, says one 2015 study published in the *North American Journal of Medical Sciences*—and perhaps even increase your risk for Alzheimer's disease.

[read the study](#)



4. Pregnancy Issues

Gum disease has been linked to pregnancy complications such as an increased risk for pre-term birth, restricted fetal growth, and low birthweight.. The theory is that bacteria can travel from your gums to your uterus and trigger an increase in prostaglandin, a labor-inducing hormone, which can interfere with delivery and fetal development.

Dr. Panahpour's book, "The Good Dentist" includes a case story that demonstrates a connection between oral infection and infertility.

[read the case story](#)



5. Oral Cancer

Women with gum disease are 14 percent more likely to develop oral cancer, says one study published in *Cancer Epidemiology, Biomarkers & Prevention*."

[read the study](#)

From Systemic Dentist: The same study found the same [increase in the likelihood of developing breast cancer](#), among other serious and life-threatening systemic diseases.