

ABC Dental Arts

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Building Bridges between Medicine and Dentistry *Medical Update on the Oral-Systemic Connection* The Physician's "Word of Mouth" Update

Important Points:

- Gum Disease raises systemic inflammation.
- CRP is strong predictor for heart disease.
- Physicians and Dentists should work together to lower inflammation.
- Treatment lowers CRP.

How We Help:

- Free Perio Exam to medical patients when referred.
- Improve patient care.
- Provide doctor with documented paper trail-Avoid malpractice concerns.

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Dear Doctor:

The presence of chronic oral inflammation is linked with the elevation of systemic inflammatory markers in the blood stream. Effective treatment of periodontal disease can lower risk factors for heart disease.

CRP Levels Increase with Gum Disease; Decrease with Treatment

Gum inflammation occurs in response to bacteria around the teeth. It also creates a systemic response as local inflammatory cytokines enter the circulation through damaged gum tissues (1). Because of this, gum disease elevates risk of cardiac complications and diabetes.

CRP is now considered to be biologically active itself, and is a stronger predictor of cardiovascular events than is cholesterol (2). The body's response to inflammation plays an important role in the progression of atherosclerosis (3), which is itself believed to be an inflammatory disorder of endothelial dysfunction.

CRP has emerged as a useful indicator for increased risk for heart disease. This is attractive since freely circulating inflammatory markers will be evident prior to acute cardiac events (4).

Since CRP is produced in the liver in response to free circulating 1-6 from inflammation in the body, its presence should initiate an earnest effort by the physician and dentist to find and remove all potential sources of inflammation or infection in the body.

1 - Periodontal Infections Contribute to Elevated Systemic C-Reactive Protein Level. Noack et al, j Perio. 2001 Sep;72(9): 1221-7. 2 - Comparison of C-Reactive Protein and Low-Density Lipoprotein Cholesterol Levels in the Prediction of First Cardiovascular Events. Ridker, PM, et al., NEJM. Vol.347:1557-1565 No. 20. 3 - C reactive protein and its relation to cardiovascular risk factors: a population based cross sectional study. Mendall MA, et al. BMJ 1996;312:1061-1065 (27). 4 - CRP Marker or Marker of Cardiovascular Disease? Jan Nilsson. Arteriosclerosis, Thrombosis, and Vascular Biology, 2005;25:1527.

