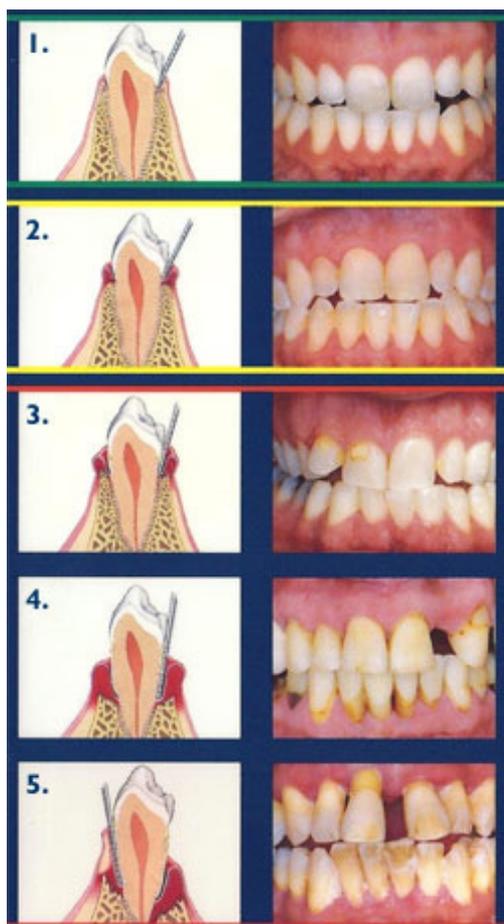


TODAY'S NEWS

**UNCONTROLLED GUM DISEASE CAN ASSIST IN YOUR DEMISE...
READ ON!**



The 5 Stages of **GUM DISEASE**

1. Healthy gums
Firm, tight gums. No bleeding.

2. Gingivitis
Gums mildly inflamed, some bleeding when brushing. Bad breath an early indication of problems.

3. Periodontitis
Gums begin to separate which allows plaque to penetrate the roots.

4-5. Advanced Periodontitis
Receded gums, supporting fibres and bones destroyed. Teeth start to fall out. Foul breath.

**GUM DISEASE IS BEING LINKED TO
MORE AND MORE DISEASES.**

As the studies from around the world pour in, the bugs that cause gum disease are some pretty nasty critters. At this point (four decades) I have seen thousands and

thousands of folks in all manner of health states. I worked with nursing home patients for several years and my conclusion is this: Gum disease is the most under rated health epidemic world wide. As I have written before, I do not feel that gum disease causes all of the diseases it is linked to, but it sure does make them worse. To me, it's like some "thing" starts a fire that needs to be put out and someone then pours gasoline on the fire. While the gasoline did not start the fire, it sure made it a lot worse. If the now raging inferno is not put out, it destroys all it can. My point is do not let gum disease make whatever disease you have destroy you. If you are fortunate enough not to have any gum disease, do right, and don't let your gums do bad.

Yep, its brush, floss, brush, floss, and brush and floss. Day in and day out as long as you live. See us and get your teeth cleaned and your gums checked. If you are battling gum disease come every three months, I get my choppers cleaned every three months too. If you are lucky enough not to have gum disease you need to be seen every six months. You see, it matters how hard you work at keeping your teeth clean and no matter how hard you try your going to miss some spots. Heck, even I miss spots and Joie has to work with me to keep me disease free. I promise, I know what I'm doing and I still need some help. Some times I have a gum pocket pop up and we get right on it with ozone and I work harder in that area to get it right. In the end, I have no bleeding gums and we keep my choppers clean as an operating room.

I have seen a lot over the years and it's not possible to clean an adults teeth in thirty minuets, so if you have friends that have been seen by a speed shop you just may want to have Joie work with them. Enough said!

YA NEED YOUR TEETH!!



The following articles are summaries of new studies that have been done. Give them a read.

Can COPD Make Gums Bleed?

Feb 12, 2016 |



Dr. Madson has two doctorates a DMD in Medical Dentistry and an NMD in Naturopathic Medicine and he is adjunctive faculty at The Dental College of Georgia in the General Practice Residency where he teaches and lectures and has done so for a decade. He is also certified in the ND YAG Laser, stem cells, biologic dentistry, and is also Board Certified in Botox and Facial Fillers. He is also Board Certified in Biologic Dentistry.

Investigators looking at the possible relationship between gum bleeding and respiratory health found there is a consistent but unexplained link.

The study was conducted by Francisco Gomez Real of the Department of Gynecology and Obstetrics at Haukeland University Hospital in Bergen, Norway, and colleagues. It was published in *PLOS One* in January 2016.

Despite the fact that the oral cavity and the lower airways are directly connected, the relationship between the two is not well understood.

According to the authors, the purpose of this study was to investigate “the associations between gum bleeding and asthma symptoms, asthma and self-reported COPD,” as well as, to explore “potential explanations for such associations, addressing the role of smoking, asthma medication, metabolic pathways, developmental pathways, and local factors such as dental hygiene and gastro-oesophageal reflux (GERD).”

The study population consisted of 13,409 people in the general population of northern Europe who completed postal questionnaires. Specific questions assessed respiratory health, frequency of gum bleeding, smoking history, as well as, demographic data. The researchers discovered that education level, increased BMI, cardio-metabolic diseases, rarity of teeth brushing, and GERD increased the likelihood of gum bleeding.

The authors say, “The prevalence of all the respiratory outcomes increased with increasing frequency of gum bleeding.” This was particularly true for asthma and self-reported COPD, and “the risk of wheeze with shortness of breath when not having a cold was almost tripled in those with frequent gum bleeding,” according to the researchers.

Although scientists knew that inhaled medications affect gum health, in this study the researchers found “asthma symptoms were even more strongly associated with gum bleeding in asthmatics not using asthma medication.”

The researchers suggest that oral bacteria may play a role in respiratory health, especially for smokers. They also theorize that “systemic factors are likely to influence the oral mucosa, as well as the mucosa of the lower airways.”

The researchers conclude, “The present analysis suggests an important relationship between oral health and asthma.” It is possible that aggressive oral pathogens could explain the link between oral and respiratory health, and further research could provide deeper insight that would allow for more effective, as-yet-unexplored treatment options.

Periodontitis linked to a higher mortality rate in patients with kidney disease

Date:

February 18, 2016

Source:

University of Birmingham

Summary:

Patients with chronic kidney disease patients and periodontitis (severe gum disease) have a higher mortality rate than those with chronic kidney disease alone, research shows.

New findings from the University of Birmingham show that patients with chronic kidney disease and periodontitis (severe gum disease) have a higher mortality rate than those with chronic kidney disease alone.

The research, published in the *Journal of Clinical Periodontology*, adds to the growing evidence for poor oral health being associated with other chronic diseases.

Data from 13,734 participants in the US-based Third National Health and Nutrition Examination Survey (NHANES III) were analysed to show that individuals with both periodontitis and chronic kidney disease had an all-cause mortality rate of 41% at 10 years, compared to 32% for those with chronic kidney disease alone.

To put this into context, the increase in 10 year mortality associated with diabetes in patients with chronic kidney disease, independent of periodontitis, is from 32% in non-diabetics to 43% in diabetics.

Periodontitis is a chronic non-communicable disease, and in its most severe form is the sixth most prevalent human disease, affecting 11.2% of the world's population.

Chronic non-communicable diseases, such as kidney disease, are increasingly prevalent, partly as a result of an aging population and an increase in sedentary lifestyles and refined diets. Their impact upon the global disease burden and healthcare economy is significant, and evidence suggests that 92% of older adults have at least one chronic disease.

Professor Iain Chapple, from the University of Birmingham, explained, "It's important to note that oral health isn't just about teeth. The mouth is the doorway to the body, rather than a separate organ, and is the access point for bacteria to enter the bloodstream via the gums. A lot of people with gum disease aren't aware of it, perhaps they just have blood in their spit after brushing teeth, but this unchecked damage to gums then becomes a high risk area for the rest of the body."

Mr. Praveen Sharma, a co-author of the study, added, "We are just beginning to scratch the surface of the interplay between gum disease and other chronic diseases; whether that be kidney disease, diabetes or cardiovascular disease. Knowing the heightened risk that gum disease presents to patients who already have another chronic disease tells us that oral health has a significant role to play in improving patient outcomes." Following this paper, the team are now investigating the link between gum and kidney disease further, to identify if the association is causal, and if so, whether treating gum disease and maintaining oral health can improve the overall health of patients with kidney disease.

Professor Chapple said, "It may be that the diagnosis of gum disease can provide an opportunity early detection of other problems, whereby dental professionals could adopt a targeted, risk-based approach to screening for other chronic diseases."

Story Source:

The above post is reprinted from [materials](#) provided by **University of Birmingham**. *Note: Materials may be edited for content and length.*
/story_source

Journal Reference:

- 1 Praveen Sharma, Thomas Dietrich, Charles J Ferro, Paul Cockwell, Iain L C Chapple. **Association between Periodontitis and mortality in stages 3-5 Chronic Kidney Disease: NHANES III and linked mortality study.** *Journal of Clinical Periodontology*, 2015; DOI: [10.1111/jcpe.12502](#)

On a personal note the week after next I'm off to spend a few days with Dr. Dan Royal, DO to study stem cells. He has developed a protocol for getting stem cells from whole blood. I will be learning his protocol and we are working on my stem cells, also, so I'm coming back recharged. As you know I have been working with stem cells for three years now and I had my own stem cells isolated and placed at that time. To me the down side was I had to have either a liposuction done or a bone marrow punch to get the stem cells. I opted for a light lipo (60 cc of fat) and there was some soreness but all in all not bad. The stemmies (my word) were marvelous baby, just marvelous, and just as I was considering round two.....out of the blue I found Dr. Dan. O, I do so love serendipity!!!!

So with Dr. Dan's protocol we can just draw some blood and isolate the mother load of your stemmies and then you can have them put back kinda where you need them. Pretty spiffy. I do suggest our detoxification protocol/ protocol's first cuz your body heals itself better when your healing pathways are functioning optimally.

God Bless you and yours,
Dale C. Madson, DMD, NMD, IBDM