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Lifestyle and Disease Dr. Jerry Simon, clinical director of Dental Care of Stamford

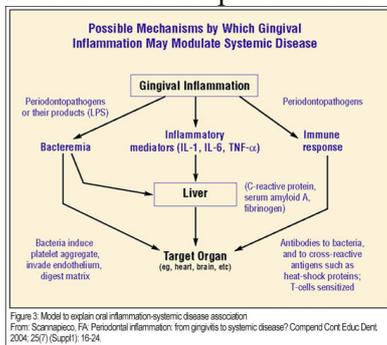
Medical researchers are now on the cusp of discoveries that may lead to fantastic breakthroughs in treating our greatest killers.

The discovery of germs led conquering of our greatest killers such as small pox, diphtheria, the plague, pneumonia, yellow fever and polio.



Now our greatest killers are heart disease, strokes, cancer and diabetes. They are not due to a single germ or virus. The newest medical research has coined the term “syndemic” for an inter-related cluster of chronic inflammatory diseases that may amplify one another. Included in this group are diseases that are triggered and enhanced by chronic inflammation like diabetes, hypertension, heart attacks, stroke, obesity, and hyper inflammatory response to infection like periodontal disease.

As a result of these discoveries health care providers will no longer look at these diseases as discrete isolated problems. They will be viewed as a cluster of chronic diseases that result from multiple factors that can influence each other.



The key to the puzzle may be the body’s own ability to fight back against the germs that attack it. This response to disease causing germs is called the inflammatory response.

The problem is that this reaction of the body, that is meant to repel invading organisms becomes the cause of the diseases. If there is a fire, the heat and smoke set off the alarms. The fire department is like the body’s immune system that responds to fight the germs with powerful chemicals. If you have chronic inflammation from periodontal (gum) disease, those last flames never go completely out.

The greatest damage is actually caused by the body’s own immune system.

That is why many different kinds of doctors are working together now. Cardiologists use tests like C reactive protein that indicate inflammation to screen for possible heart attacks. Dentists refer patients to endocrinologists to screen for diabetes. Obstetricians refer pregnant women to dentists to screen for periodontal disease that can cause miscarriages. Modern researchers now agree that this combined effort will be the next breakthrough in treating our worst diseases.

More information can be found on www.DentalCareStamford.com.

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