

[IMAGE]

Does Your Dental Health Impact Whole-Body Health?

By Editorial Staff

Who knew your teeth could have such a profound influence on your overall health. New research suggests people with poor dental hygiene leading to periodontal / gum disease are more likely to have increased insulin resistance and other indicators of metabolic syndrome – a constellation of risk factors that can lead to type 2 diabetes and other health issues.

In the study, researchers correlated infection with *Porphyromonas gingivalis*, a periodontal bacterium, with the development of metabolic syndrome / metabolic dysfunction in skeletal muscle (which have a high metabolic capacity that aids in glucose metabolism). They then determined that infection may compromise the gastrointestinal microbiome, leading to metabolic syndrome. Study findings appear in *The FASEB Journal*.

family - Copyright © Stock Photo / Register Mark Metabolic syndrome is characterized by a group of concurrent conditions that elevate the risk of not only type 2 diabetes, but also heart disease and stroke. High blood pressure, high blood sugar, excess abdominal body fat, and high cholesterol / triglyceride levels are the primary conditions that lead to a metabolic syndrome diagnosis. If you suffer from any of the above conditions *and* you're not practicing good dental hygiene, you're on the fast road for major health issues that are easily avoided with a few simple lifestyle changes. Your doctor can tell you more about how to avoid metabolic syndrome and enjoy lasting whole-body health.

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