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What if Opening Your Mouth Could Save Your Life?

New studies propose a call to action for the dental and medical communities because the health of your mouth could be a critical marker for overall health

Atlanta, GA., January 14, 2010 – What if opening your mouth could save your life? The answer is most certainly “yes,” says Drs. Estep and Boulden of Atlanta Dental Spa. And that’s not a scare tactic or a sales pitch. The world of healthcare has been looking at a possible link between inflammation in your gums and cardiovascular and other diseases for more than a decade. Recent medical studies now suggest a causal relationship, and that is groundbreaking for patients, dentists and doctors. “In the past, the worlds of dentistry and medicine were separate,” says Dr. Peter Boulden of Atlanta Dental Spa. “It is now imperative that we unite these spheres of healthcare to offer the most comprehensive health plan for our patients.”

According to *Science Daily*, “A recurring theme is the relationship between periodontal (gum) disease and infant prematurity, diabetes, or stroke.” “The evidence indicates that you should clear up any periodontal disease,” Gordon Douglass, DDS and past president of the American Academy of Periodontology tells us. “It’s fairly easy to do, and why not get rid of a potential risk factor for heart disease?”

Dr. Susan Estep agrees, “I watch people every day make the right decisions about their health. They go to the gym and eat healthy, so I think to myself, ‘why aren’t they making trips to the dentist?’ It might be the most important doctor they see all year.” To that end, Drs. Estep and Boulden, the highly lauded team of experts that make up Atlanta Dental Spa, are concerning themselves with much more than just pretty smiles.

Because the bad bacteria in your mouth can cause many illnesses, Atlanta Dental Spa has designed a special program for oral DNA testing to determine the types of bacteria found in your mouth. If the tests find the patient has inflammation or gum disease, the treatment is progressive and proactive. “Many studies throughout the world tell us that a history of periodontitis (gum disease) can significantly increase the risk of cardiovascular disease and other inflammatory and auto immune diseases,” says Dr. Boulden. “Right now, highly sensitive C-Reactive Protein levels [also called hs-CRPs] may be more important indicators to a cardiologist than cholesterol or triglycerides. New studies also suggest that flossing might add seven years to your life.”

“Dr. Boulden and I attended a conference in Scottsdale that left us astounded,” says Dr. Estep. “This is the most important news the dental community has heard since we’ve become dentists. Now that we understand the relationship and confirmed link between mouth and body health, we have a responsibility to our patients that far supersedes just making their teeth whiter or straighter. We can help identify a potentially dangerous health risk or disease. Since the mouth works like a health marker for the overall body, our tests and exams may save their life”. “And, we’re not stopping with us,” adds Dr. Boulden. “We, as dentists, are now just as answerable for the systemic health and well being of our patients, so we are reaching out to the local cardiologists and other doctors and experts to form a cohesive action plan that fuses the medical and dental worlds. Your dentist is now your doctor, too.”

If the health of your mouth is a critical indicator in determining your overall health, then more frequent visits to the dentist and extra care for your teeth may be a vital part of your fitness routine.

“The dental community will never be the same,” says Dr. Boulden, as he reads over yet another call to action from Editor in Chief Kenneth S. Kornmen of *J Periodontal* that states, “We now believe that it is time to start applying this knowledge to help our patients live longer and healthier lives. The Editors’ Consensus Report is a call to action.

It is a start – but potentially a major step for the health of our patients.” Drs. Estep and Boulden have answered that call seriously and with gusto, “This is the reason Dr. Boulden and I became dentists and partnered together,” says Dr. Estep. “We are passionate about what we do. With this new information we continue to change how we do it. Is there anything more important than the health of you and your family? Now, we know we can do a lot more, and we want our patients to know that, too.”

Atlanta Dental Spa

Is a select dentistry experience offered in the comforting and relaxing atmosphere one finds in an upscale day spa. Drs. Estep and Boulden, both world-class, award-winning dentists apply their industry-leading expertise in this relaxing retreat, leaving clients refreshed, healthy and rejuvenated.

Pairing the best talents in cosmetic and general dentistry with the latest in lavish spa amenities, Atlanta Dental Spa becomes a haven in your otherwise hectic work day. Upon entering the doors, one finds a complete makeover from old visits to the dentist. Atlanta Dental Spa asks you, “What if you actually liked going to the dentist?” And, for these dedicated doctors and staff, it is not a question to ponder. They will simply tell you visiting the Atlanta Dental Spa provides an occasion that not only promotes the health and beauty of a smile, but enhances the much needed repose we’ve all come to need in our demanding, active lives.

www.Atlantadentalspa.com
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