

Did You Know?

Gum Disease May Be Linked To Alzheimer's!

More Evidence of The Oral-Systemic Connection?

Researchers at New York University conducted analysis involving 20 years of data that supports a possible causal link between periodontal disease, or [gum inflammation](#), and Alzheimer's Disease, which involves [brain inflammation](#).



The researchers analyzed periodontal inflammation and cognitive function during an aging study that tracked 152 men and women over a 20-year period. All participants were tracked from age 50 to age 70 and were cognitively normal.

Using the Digit Symbol Test, which is a part of the standard measurement of adult IQ, the study found that periodontal inflammation at age 70 was strongly associated with lower Digit Symbol Test scores at age 70. Participants with periodontal inflammation were nine times more likely to test lower in the Digit Symbol Test compared to those with little or no periodontal inflammation.

While hardly conclusive, this research suggests that cognitively normal adults with periodontal disease are at an increased risk of lower cognitive function which might be attributed to brain inflammation and the onset of Alzheimer's disease. The possible correlation of periodontal inflammation to lower cognitive ability and brain inflammation further suggests and supports evidence for the oral-systemic connection.

At [Proud Smiles](#) we believe that by working with you to achieve maximum oral health, you will also experience better over-all health and wellbeing.

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Yours in Dental and Oral Health,

Dr. Brenda Paulen



Brenda Paulen, D.M.D.

404-257-0091

www.proudsmlles.com

5290 Roswell Road NE - Mt. Paran Walk - Suite F - Atlanta, Georgia 30342