

The links between oral and systemic health

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At the same time Tobacco use is linked with many serious illnesses such as cancer, lung disease and heart disease, as well as numerous other health problems. Tobacco users also are at increased risk for periodontal disease. Studies have shown that tobacco use may be one of the most significant risk factors in the development and progression of periodontal disease.

Study shows some drugs, such as oral contraceptives, anti-depressants, and certain heart medicines, can affect your oral health. Just as you notify your pharmacist and other health care providers of all medicines you are taking and any changes in your overall health, you should also inform your dental care provider. Studies indicate that older people have the highest rates of periodontal disease and need to do more to maintain good oral health. While women tend to take better care of their oral health than men do, women's oral health is not markedly better than men's. This is because hormonal fluctuations throughout a women's life can affect many tissues, including gum tissue. Studies indicate that older people have the highest rates of periodontal disease and need to do more to maintain good oral health. The risk of complications associated with tobacco use and diabetes in combination are nearly 14 times higher than the risk of either smoking or diabetes alone. High C-reactive protein value & HbA1C levels with periodontal diseases is a predictor of coronary heart disease according to research studies.

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The oral cavity is a major site of chronic infection and inflammation, particularly periodontal disease. In recent years there has been increasing interest in the "periodontal- systemic connection" between dental health parameters and the risks of cardiovascular disease, diabetes mellitus and other diseases. Given that poor oral health, coronary heart diseases and stroke are major worldwide health problems, their associations are potentially important. In particular, two practical questions are mutual interest to dental and medical healthcare practitioners and their patients. First, should dental health scores be used to predict an individual's risk of CHD and stroke? Second, does treatment of poor dental health reduce such risk? Dental disease is associated with an increased risk of coronary heart disease and had relation with diabetes patients. Dental health may be a more general indicator of personal hygiene and possibly health care practices.

Biography

Arup Ratan Choudhury is the Hon. Senior consultant of BIRDEM Hospital (WHO collaborating Centre) & Professor of Dental Surgery, Ibrahim Medical College (1987-till now). He graduated from Dhaka University & obtained BDS (Bachelor of Dental Surgeon) in 1976 & WHO Fellowship in Dental Public Health from London University in 1983, Research Fellowship from SUNY at Stony Brook, New York, USA in 1993 & PhD (Doctor of philosophy) from Dhaka University in 2001 & FDSRCS (England) from Royal College of Surgeons, London in 2012. He is working in the field of Dental Surgery for the last 37 years & presented 39 scientific papers in International seminars. He is also the founder president of MANAS-Association for the Prevention of Drug Abuse & received "Tobacco or Health" Medal in 1998 from WHO for outstanding Contribution in the field of Anti-tobacco Movement in Bangladesh. He has Published 12 books on Dentistry, Tobacco hazards & Drug abuse.

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