

By Jenna Katz Schwibner, DMD, FAGD

The Inflammation Connection



Dr. Jenna Katz Schwibner

Flip through the pages of your favorite lifestyle magazine and you are bound to come across the topic of Inflammation, which we now understand is at the root cause of almost all ailments and diseases. But what is inflammation, anyway?

Turns out it's your body's natural response to fix an injury or infection. However, when an issue persists and is too severe to resolve on its own it can become chronic. One of the most prevalent examples is Periodontitis, commonly known as Gum Disease and this is highly correlated to other major health conditions. Therefore, it turns out that a major source and/or identifier of inflammation throughout the entire

body is in your mouth.

As a graduate and ambassador of The Dawson Academy (www.findadawsondentist.com) I have been trained to be a problem solver. I focus on the "Why" and identify how to correct problems at their source and prevent them from reoccurring. Patient exams at my office can last up to an hour, where we dive deeper to practice what we call "Complete Dental Care for Complete Health".

There is a strong connection between oral health and overall health; problems within your mouth can often be warning signs as either the cause of other ailments or a sign that one already exists. By taking time to uncover the bigger picture we can do our best to ensure the prescribed treatment will be the most effective one and hopefully decrease the need for re-treatment; ultimately offering opportunities to partner with your other medical professionals and improve your overall health in a collaborative manner.

The basics include the prevention of cavities, which lead to broken and abscessed teeth and then progress to root canals and extractions. The not so obvious are things like enlarged tonsils and adenoids, acid reflux, grinding of teeth and oral cancer. All of these and more should be screened for through a comprehensive oral exam, as they are precursors to more serious issues like diabetes, high blood pressure, cardiovascular disease and sleep apnea.

The scientific relationship between oral health and your overall wellness is strong. A properly trained dentist, focusing on comprehensive care, should be your first line of defense against all inflammation-related disorders and diseases.

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