

## Update: More new information on Alzheimer's disease and oral bacteria

I recently wrote about new information regarding bacteria and its association with Alzheimer's disease.

Now a new paper has been published from the University of Louisville, where researchers report the discovery of *Porphyromonas gingivalis* (PG) – one of the main pathogens behind chronic periodontal disease (aka gum disease) – in the brains of deceased Alzheimer's patients.

This, in addition to what I recently reported to you about spirochetes in the brains of Alzheimer's patients, is another clue that Alzheimer's is caused by infections. These bacteria enter the body through infection in the mouth. The dangerous thing is that until gum disease is approaching the severe levels, there are very few symptoms that you may notice. Bleeding gums, when you brush or floss is usually the first symptom. I see people all the time who don't really know the extent of their periodontal problems, or even know they have the disease. We do know that 50% of adults have some level of periodontal disease. As you age this percentage increases to over 70%.

One positive thing is that we have simple tests that can determine the presence of PG bacteria in your mouth, so we can use this to evaluate the effectiveness of your treatment. Unfortunately, there is no test to determine if you have spirochetes present.

My advice: see a dentist who can determine if you have periodontal disease, treat it and help you get back to great oral health, so you can lower your chances of developing Alzheimer's disease.