

# Alzheimer's Disease and Your Oral health

The importance of oral health and regular maintenance.

Don't ignore this, it is more important than you think.

By John Hackbarth, DDS

One horrible disease found in our aging population is Alzheimer's dementia. Almost everyone knows somebody who is or has been affected. The results of Alzheimer's are frightening.

So, what does Alzheimer's have to do with oral health? According to Herbert B Allen, Rina M. Allawh, and Kavita Goyal from the Drexel University College of Medicine, a lot. (Curr Neurobiol 2018; 9(1): 29-32):

"The key pathological finding on routine bright field microscopy of Alzheimer's disease brains are the presence of Spirochetes, ...." (Spirochetes are a class of bacteria.) The authors go on to detail how they think the cascade of events from the Spirochetal infection affects the brain tissues. The look of Alzheimer's brains and tertiary syphilitic dementia brains are like mirror images of each other the authors report.

"The spirochetes (bacteria) involved are oral treponema (T. denticola as representative), Borrellia burgdorferi (the cause of Lyme disease), and T. pallidum, the etiologic agent in syphilis."

In post mortem studies, over 90% of Alzheimer's patients brains show evidence of spirochetes. This was reported by Judith Miklossy in the "Journal of Neuroinflammation", August 4, 2011.

That all sounds like a bunch of scientific talk, but now it appears that we have the "**smoking gun**" for most dementia cases, and it is infection, specifically infection by spirochetes.

Periodontal disease is caused by a chronic infection of the gums and bone in the mouth that involves many types of bacteria. One of the types of bacteria often involved are Spirochetes.

In light of these recent scientific reports, you can easily see that having good oral health is critical to your future. No one wants to face the effects of Alzheimer's disease.

What is important for you to get and maintain good oral health?

Great home care is very important. One must clean their teeth and gums on a regular daily basis and do it well. I recommend a power toothbrush. I think Sonicare is the best. Also, daily flossing is critical. A Water Pic is a great addition to your home care routine.

Regular professional care and cleanings are important in maintaining oral health. You cannot skip those.

Cleanings are great if there is not already the presence of gum disease. If gum disease is present it needs to be professionally treated and control of the infection achieved, so that you can be returned to health.

Along with the bone loss and infection of periodontal disease comes bleeding gums. The way Spirochetes make their way to the neural tissues in the brain is through blood. If you have an oral Spirochetal infection, when you eat, brush your teeth or floss, if the gums bleed then these bacteria can be carried by the blood stream to the brain.

A good immune system is a help in preventing these infections, but everyone should have a good home care routine and regular professional visits to the dentist and hygienist.

There should be zero tolerance for bleeding gums. A good resource can be found at [ZT4BG.com](http://ZT4BG.com).

Conclusion: Find out what's happening in your mouth. Get yourself to a dentist!