

Good Oral Hygiene to Prevent Bowel Cancer ?

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Holistic Dentistry for Total Health



Studies have shown that people with periodontal disease have raised blood levels of inflammatory markers. These markers are an indication that your body's immune system is responding to chronic inflammation and have been linked to the development of cancer.

The human body is made up of trillions of bacteria which play a significant role in maintaining health. But, can some of the bacteria in our bodies cause us harm? Two U.S studies, one from Harvard, the other from Case Western Reserve University, reveal that a type of bacterium in the mouth that is known to cause gum disease can promote the development of bowel cancer. How does the bacteria get from the mouth to the colon? The bacterium, known as Fusobacteria, can migrate through blood vessels and attach to colon cells. One study showed that the bacteria cause overreactive immune responses, turn on cancer growth genes, and promote tumor formation. Harvard researchers looked at early stages of cancer and found evidence of the bacteria within tumors of the colon. Additionally, previous studies have suggested a link between Fusobacterium and inflammatory bowel diseases which can lead to colon cancer.

What does all this mean? Determining the presence of Fusobacteria in the mouth and the colon may be helpful in early detection and prevention of colon cancer. It could also lead to potential new treatments and better treatment decisions. Preventative treatment for colon cancer currently includes lifestyle changes and several screening options such as a colonoscopy every 10 years or a virtual colonoscopy every 5 years. Since Fusobacterium increases significantly with gum disease, good oral hygiene and a visit to your dentist should be added to your list of preventative measures!



**FROM OUR
KITCHEN
TO YOURS**



**Chilled
Avocado Soup**

According to the American Cancer Society, "Colorectal cancer is the third leading cause of cancer-related deaths in the United States when men and women are considered separately, and the second leading cause when both sexes are combined. It is expected to cause about 50,830 deaths during 2013."

Studies published in the journal *Cell Host and Microbe*

For more information visit [BBC News-Health](#)

RELAX AND ENJOY YOUR LABOR DAY WEEKEND!



Trying to Get Pregnant ? Start Flossing

Prenatal vitamins and doctor visits may not be enough if you are trying to conceive. You may need to add flossing to your daily routine. New research suggests that Inflammation resulting from periodontal disease can delay a woman's chances of having a baby by two months. In a study that involved over 3,500 women, researchers found that women with gum disease took more than seven months to conceive, compared to the average five.

There are many factors that impact fertility and conception including medications, being overweight or underweight, stress, and age. This is the first report to suggest that periodontal disease may be another factor.

Previous studies have shown a link between periodontal disease and heart disease, Type 2 diabetes, miscarriage, premature births, low birth weight, and low sperm count in men. Start flossing today to improve your oral health and perhaps for a little miracle!

For more information visit [BBC News-Health](#)

2 avocados, pitted and peeled

1 small onion, chopped

1 cup vegetable stock

1 8 ounce container yogurt

2 tablespoons lemon juice

Sea salt and freshly ground black pepper

In a processor, blend all the ingredients until smooth.

Add the zest and season to taste.

Ready to serve!



What to Eat and Drink for Colon Health

Water - Water keeps everything flowing in your system and cleanses the colon.

Raw Vegetables - Green foods, in particular, contain a high chlorophyll content which cleanses, soothes, and heals tissue in the digestive tract.

Fermented Foods - Replenish beneficial bacteria and keep the body's intestinal ecosystem in balance.

Fiber - Not only does fiber help maintain bowel health, it lowers cholesterol, helps control blood sugar and can help in achieving a healthy weight.

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