

## Making Health a Priority in Stressful Times

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We all know how good it feels to get a compliment. Our self esteem rises and we generally feel more positive. This has a remarkable effect on mental health and even transfers to our physical health by releasing endorphins.

When we eat right and exercise, our body releases the same hormones that improve our mental health, plus we get the added satisfaction of more energy and a smaller waistline, resulting in compliments!

In dentistry, we are in the business of empowering people to feel better, look better and take hold of their lives. We recognize that there is a substantiated link from systemic health to dental and periodontal health. We know that your genes, your lifestyle and your home care add up to dental health and that poor dental health equals periodontal disease. There are many other factors that can potentiate the disease process, including: **Smoking, Diabetes, Mental Anxiety, Depression, Obesity and Physical Inactivity.**

The body's natural immune system comes to the rescue with inflammatory compounds to kill the bacteria. The immune system begins to turn on itself and form deep pockets around your teeth, and the bacteria transform from normal to pathogenic and not only hide in the deep pockets, but start to circulate through the bloodstream. Periodontal disease is an inflammatory disease that wreaks havoc throughout the body, increasing the risk of heart disease, diabetes and pregnancy complications. The disease has now put your overall health at risk. Standard home care can no longer get into the deep pockets and keep you well.

Periodontal disease affects 80% of the adult human population and it is reversible! A proactive dental office will confer with a patient to collaborate with their treating physicians, nutritionists, and exercise counselors in an effort to provide the multi faceted care that this disease requires, and that you deserve.

It is not unrealistic to strive to completely arrest periodontal disease and set forth a plan to address all of the other factors that contribute to your overall health. This may be as simple as improving oral hygiene to comprehensive counseling and surgery. The key to protecting your health is early diagnosis and intervention.

To choose to be healthy, or just to get a compliment from the beautiful staff in person, call 254-4000 or visit [drdell.com](http://drdell.com) to make an appointment today.