

METABOLIC SYNDROME : THE MOUTH-BODY CONNECTION

Metabolic Syndrome is a group of conditions including high blood pressure, excess blood sugar, excess fat in the abdominal area, high cholesterol and high triglyceride levels. Several studies have shown a link between periodontal disease and Metabolic Syndrome due to the common inflammatory disease pathway of both these conditions.

Frequently Asked Questions

1. *What is Metabolic Syndrome?*

Metabolic Syndrome occurs when an individual has three or more of the above mentioned conditions. The presence of Metabolic Syndrome may double your risk of heart disease, stroke and diabetes. Its prevalence in America is on the rise. Some of the preliminary factors that can contribute to a higher risk for Metabolic Syndrome include life-style, genetics, stress and dietary habits.

2. *What is the link between Metabolic Syndrome and periodontal disease?*

Inflammation is the key biologic mechanism that leads to the conditions causing Metabolic Syndrome. There is a correlation between periodontal disease and the resulting inflammation that contributes to this disorder. In addition to the local destruction of gum and bone in the mouth, the inflamed periodontal tissues allow inflammatory factors and normal oral bacteria to enter the bloodstream.

3. *What can be done about Metabolic Syndrome?*

A team approach by health care professionals is necessary to manage and reduce the severity of Metabolic Syndrome. Periodontal therapy has been shown to reduce the inflammation associated with this disorder. Life-style changes (healthy diet and exercise) are important to reduce risk factors. Medications may be necessary to control conditions that place an individual at a higher risk for Metabolic Syndrome.