



3 Ways to Minimize the Risk of Covid

It has been an incredible year, hasn't it? Our lives have been impacted by the most pervasive viral sickness in many years, yet we must keep moving forward and keep our health. Our families and our livelihoods depend on us all staying as healthy as possible so that we can work, go to school or just be there for our loved ones. COVID-19 is a disease like many others and yet unlike any other. However, we have the ability to protect ourselves from this disease and we are more likely to recover from it if we are healthy. Morfas Family Dentistry is dedicated to our patients' oral health and we can absolutely help you be proactive in preventing COVID or other illnesses.

Evidence on COVID has shown that certain health conditions, called comorbidities, can hinder our body's ability to fight and recover from the

disease. Recently, a study in California showed that gum disease (periodontitis) is likely one of these co-morbidity factors. That really came as no surprise to most dental professionals, as we have seen the damaging effects that periodontal disease has on some of our patients. Perio disease is an infection of the gums and bone in the mouth, and our body reacts to this chronic disease just like any other infection. If gum disease is present, it is more likely that the patient has other health issues and will be more susceptible to COVID. While you might think this doesn't apply to you because you haven't yet been diagnosed with Perio disease, here are some other things to consider: Periodontal disease is often considered a complication of diabetes and periodontitis may actually play a causal role in the contraction of pneumonia, bronchitis and emphysema.

Does the photo above look like periodontal disease? Notice the redness and swelling of the gums from bacterial build-up. Often, early stages of gum and bone infection are not painful or obvious but periodontitis is also the main reason adults lose their teeth. This is preventable with 6 month recalls and therapy and using an electric toothbrush or water flosser. Perio disease can be stopped and cured but *early detection is extremely important* in minimizing its damage to the bone that supports our teeth because once the supporting bone is lost, it cannot be regenerated. Here are 3 things that you should take action on now to give yourself a better chance at preventing COVID, or at least minimizing its impact: Establish regular dental examinations and cleanings, use an electric toothbrush or water flosser if recommended, and get any damaged teeth restored or crowned to prevent oral infections.

So, if you are behind in your routine dental cleaning appointment, call Morfas Family Dentistry to get scheduled. Your health, and teeth, depend on it to prevent oral infections that may make you more vulnerable to COVID-19!

CALL MORFAS FAMILY DENTISTRY 219-322-9905