

Inflammation

What is inflammation? It is the body's immune response to damage.

Causes of inflammation: Bodily injury, stress, illness, lack of sleep, poor nutrition, poor oral hygiene, harmful habits such as smoking and drinking alcohol

Acute vs Chronic Inflammation

Acute: Mostly a result of injury. Is important for repair of tissues. Is needed to clear up infection and initiate the healing process.

Chronic: Is the result of acute inflammation or infection that does not resolve in the appropriate amount of time. Can also develop as a result of chronic sustained stressors, such as stress and depression. Is also the result of not getting adequate sleep. Poor nutrition also plays a role as pro-inflammatory foods continually stimulate inflammation and keep the inflammatory cycle going. Poor oral hygiene allowed for chronic stimulation of the immune system that keeps inflammatory markers elevated. Smoking and alcohol use also contribute to the development of chronic inflammation by causing repeated tissue damage.

Effects of chronic inflammation: Can greatly influence the development of cardiovascular disease, cancer, diabetes mellitus, autoimmune disorders, dementia, obesity, COPD and other chronic conditions.

Managing inflammation:

Get plenty of good sleep, at least 7-9 hours. Deep phases of sleep are vital to repair and rejuvenation of the tissues.

Eat a healthy diet. Diets that are high in fruits, vegetables, whole grains, nuts, seeds, which are high in antioxidants and healthy fats can reduce inflammation.

Get moving. Exercise has been shown to improve immune function and decrease inflammation.

Good oral health. The mouth is the gateway to the body. Oral bacteria have been found in plaques in the heart that have caused heart attacks.

Quit/avoid smoking and alcohol

Manage stress. Keep stress down using healthy tools such as prayer, Bible study, and weekly rest, all can help decrease stress and anxiety

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>,

<https://my.clevelandclinic.org/health/symptoms/21660-inflammation>,

<https://www.ncbi.nlm.nih.gov/books/NBK493173/>,

https://www.colgateprofessional.com/content/dam/cp-sites/oral-care/professional/global/general/pdf/profed_art_strength-of-evidence-relating-perio-and-cardio-disease.pdf

