



To our Valued Patients,

Much like you, we are closely monitoring the current COVID-19 health crisis. One of our main priorities as your health care provider is keeping you healthy during this time. As you know, the best way to prevent the spreading of disease and illness is to wash your hands and keep your immune system strong by eating well and exercising regularly. Particular individuals with lowered immune systems are the most at risk and most susceptible to infections.

In addition to the standard advice, another way to avoid respiratory infection is to keep your teeth clean. Here's why:

- There are 400 to 500 species of bacteria that live in your mouth. Viruses can use bacteria as factories to grow and multiply. If a virus makes its way into your mouth (usually from touching your hands to your mouth), the fewer bacteria in your mouth, the less likely the virus will grow.
- Periodontal disease is caused by plaque-producing bacteria. The body in defense of periodontal disease releases cytokines. These cytokines trigger your blood-making organs to constantly fight or defend themselves, thus weakening the body's immune system to fight other infections.
- Periodontal disease is a potential contributing factor for respiratory diseases, according to the American Academy of Periodontology.

The bacteria that cause periodontal disease and are weakening your immune system are breeding right now in the perfect environment of your mouth. They love the cozy, moist, dark, warm and acidic environment. The tight areas between your teeth are particularly good breeding grounds for bacteria. The bacteria grow rapidly-actually doubling their count every hour.

So as you can see, maintaining healthy teeth for you and our patients has a direct influence on the immune system and respiratory health. Please take care of yourself and do not neglect this vital and highly impactful aspect of healthcare we provide and represent! Call us today to set up this important therapy to keep you and your family healthy during this unsettling time. We will continue to do all we can to serve you and our community!

Sincerely,

Richard Liu, D.M.D., M.Med.Sc.
Evergreen Dental Care



Your smile.
Our specialty.™