

Recently I was included in a thread containing a series of thoughtful questions from a patient regarding periodontal disease, Here's my reply:

ALL disease is a threshold factor:

We have in our practice many patients who have been in the practice more than two decades with teeth exhibiting more than 50% bone loss. There are two major factors challenging tooth retention: and health: 1. Microbial challenges, 2. Mechanical challenges. If you exceed the threshold of health you have disease.

The most important factor in our success in helping people keep teeth is neutralizing the microbial challenge in my opinion. We approach this through relentless and thorough OHI, with the most valuable adjunct being the intra oral camera. We stress closing the eyes and finding all the gumlines. A patient will have X amount of plaque regardless of oral hygiene. The key to having a non-pathogenic plaque is disrupting the plaque and allowing a probiotic plaque to replace the plaque bioflora. ALL areas of plaque, every single mm vertically and horizontally around the tooth must be disrupted on a regular basis because every single mm of plaque will have its own unique signature of colonies.

We stress three things:

1. Brushing the gumlines! The Electronic tooth brush. After five decades at this, we find that most people can't find their gums doing what they have always done with a mechanical tooth brush, me included, so doing something different is the key to success.
2. Interproximal brushes! The most pathogenic plaque is inbetween the teeth. If a person leaves that six inches or so of plaque between the teeth undisturbed, they will develop a pathogenic plaque inbetween their teeth while they may establish a nonpathogenic plaque on the areas they can reach only with a toothbrush. That is the difference between brushing at your teeth and brushing your teeth. That's also called a choice.
3. Raise the pH! Toothpaste is acidic! Mouthwashes are acidic! Acid is the enemy! Toothpaste has probably been one of the most destructive products ever introduced. The simplest and easiest way to raise the pH is with baking soda. Baking soda is basic in pH, neutralizes acids. If there are pockets, irrigate the pockets with an oral irrigator like a Water Pic butttt..... you

MUST add an abrasive to the water to be effective!!! One cup of baking soda to one cup of water is the magic bullet.

The Mechanical: we see patients literally pound teeth out of their mouths by clenching, grinding, or simply because the tooth is malpositioned. This gets very complex very quickly and requires a dentist with good reconstruction skills to address the unique individual needs of the individual patient. See your dentist.

J Tim Rainey

Ans:

Can a tooth with 70-80% bone loss be retained if the perio disease process is taken away and kept away (nonsurgically) ?

Dr. R: Yes!!!

---Is hard and soft tissue regeneration really necessary (with the exception for cosmetic improvement) if the periodontal disease process is no longer a factor ?

Dr. R: Regeneration is very unlikely. Halting the disease progress is essential to tooth retention.

---Is salivary diagnostics that identifies individual periodontal pathogens really necessary if we can properly manage biofilm complexes in their entirety ?

Dr. R: Diagnostics are a good patient education and motivation tool but not necessary. Change the resting pH to basic and the pathogenic critters will go away.

---Are long term anti-inflammatory treatments (such as Resolvin and Periostat) really necessary if we can easily and effectively disrupt biofilm complexes ?

Dr. R: In a normal immune system complex, absolutely not. Notice the normal caveat. The magic bullet is in disrupting the plaque. For success even in a compromised immune system, it becomes even more pressing to effectively disrupt the biofilm (plaque). There is no chemical that will alter periodontal disease if the plaque (biofilm) is not MECHANICALLY disrupted regularly in a basic environment (baking soda). There is relatively new evidence that Hydrogen can and will effect more than 170 immune functions related to inflammation. Consider adding Hydrogen whether you are healthy or not. For a better understanding of the benefits of Hydrogen, go to my website, www.jtmrainey.com , click on Biolux Dual H2 and O3 Generator.... and follow the links. One of the most recent links of interest is Dr. Mercola's interview.

Click: <https://articles.mercola.com/sites/articles/archive/2018/10/21/molecular-hydrogen-benefits.aspx>

The Biolux Dual unit also delivers a therapeutic level of ozonated water. The benefits are again too numerous to mention. You can buy a Biolux unit for home

consumption of H2 and the benefits of ozonated water from TIADS. Call Trisha at 361 526 4695 for more information

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From:

Sent: Sunday, October 21, 2018 1:43 AM

To: drrainey@jtimrainey.com

Subject: Re: from the simple to the surreal.....

Hello

re: your questions

A few more questions for you

---Can a tooth with 70-80% bone loss be retained if the perio disease process is taken away and kept away (nonsurgically) ?

---Is hard and soft tissue regeneration really necessary (with the exception for cosmetic improvement) if the periodontal disease process is no longer a factor ?

---Is salivary diagnostics that identifies individual periodontal pathogens really necessary if we can properly manage biofilm complexes in their entirety ?

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Would love to hear your thoughts