

J Tim Rainey, D.D.S., M.A.G.D.  
**TEXAS INSTITUTE FOR ADVANCED DENTAL STUDIES**  
P.O. Box 1044  
Refugio, Texas 78377-0956  
AGD Course Sponsor #80494 and CERP Sponsor #07394036  
(361) 526-4695

Tamara Hill  
Corpus Christi Caller Times Medical Editor  
P.O. Box 9136  
820 Lower N. Broadway  
Corpus Christi, TX 78401  
361 886-3637  
Fax 886-3732

January 3, 2000

Dear Ms. Hill

The following information should be getting old and splattered all over the news media. For some strange reason, it appears to have been overlooked. I believe this article appeared on the wire service in January, 1999.

**“Important new development: Certain types of antibiotics may protect against heart attacks, study shows. A current issue of the Journal of the American Medical Association has published study that is the first look-back research to measure the effects of various antibiotics on preventing first-time heart attacks in people previously thought to be healthy.**

**A team led by Christopher Meier of Boston University Medical Center looked back at more than 16,000 patients treated by 350 general practices in Great Britain between 1990 and 1997. Divided into 3,316 who had a first heart attack between 1992 and 1997 using the rest as controls matched of age and sex, researchers looked at how many in each group had taken various antibiotics at least once in the previous three years. Those who had been treated with tetracycline or quinolones (a synthetic broad-spectrum antibiotic like Cipro) were 30 percent lower for risk of heart attack for tetracycline, 55 percent lower for quinolones. No other antibiotics showed the effect.**

This information is as revolutionary in importance in terms of controlling cardiovascular disease as the information that gastric ulcers were indeed of bacterial origin. There definitely is a bacterial influence in cardiovascular disease.

As you know, I am best known as the dentist who invented micro-air abrasion and put science in operative dentistry. However, I do lecture on a variety of subjects. For the last fifteen years, I have

*J. Tim Rainey*

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lectured on periodontics and related topics. I stuck my neck out more than a decade ago and predicted the relationship of gum disease to cardiovascular disease and other aspects of health<sup>1,2</sup> at a time when that was also a very unpopular stance. Now it is an accepted and proven fact.

This past year I have lectured to more than a thousand dentists and at least briefly touched on the relationship of periodontal disease to Heart disease, which most of the audience was aware of, but to my astonishment, very few dentists were aware of this new and revolutionary information concerning antibiotics.

Furthermore, when I questioned the audience, a number of them had been to their physicians lately, and not a single physician had discussed this study with the dentists (very often, dentists as members of the health care community tend to have a personal relationship with their physicians. However, the medical profession appears now to be sitting on some extremely valuable information and I am not aware of it being disseminated by the news media, other than this short article that appeared in the Corpus Christi Caller/Times.

I have not seen you do an in depth story on this issue. If I missed an article you did, please excuse my oversight. On the other hand, if anyone would like to discuss it further, please feel free to call.

From the dentist who put Science in dentistry,

Sincerely,

J Tim Rainey, D.D.S., M.A.G.D.

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<sup>1</sup> Periodontics: Steven Offenbacher noticed women with periodontal disease visiting the hi-risk clinic at University of North Carolina at Chapel Hill.

Women with severe periodontitis were seven times more likely to have early or underweight babies. A suprising link to early births. Health 11(1):24, 1997.

<sup>2</sup>

Joshiyura KJ, Rimm EB, Douglass CW, Trichopoulos D, Ascherio A, Wo;ett WC: Poor oral health and coronary heart disease. J Dent Res 75:1631-1636, 1996

In this study, those with periodontal disease and extensive tooth loss were significantly more likely to have experienced myocardial infarction or sudden

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death Oral infection has systemic effects that may contribute to coronary heart disease.