Systemic Disease and Oral Health

In May 2000, The U.S. Surgeon General stated "The human body cannot be healthy without FIRST having a healthy mouth." (1)

Bleeding, swollen, or tender gums are indications of gum infection.

A shared cause of systemic diseases, such as heart disease, stroke, rheumatoid arthritis and AD is harmful gram-negative bacteria living in infected gums.

An April 15, 2019 study identified a specific oral bacteria and studied how it entered into the brain by means of the blood stream and nerve pathways, a cause of amyloid brain plaque. (2)

A January 23, 2019 study offers evidence that P. gingivalis and gingipains in the brain play a central role in the development of AD. Once the oral cavity is infected, P. gingivalis may access the brain and spread via a number of pathways. (3)

Factors contributing to gum infection include diet, age and oral products containing ingredients that irritate the gums and decreases saliva, such as alcohol, Sodium lauryl sulfate (SLS), charcoal and manmade chemicals.

Saliva is a critical key to healthy gums. Research has shown starting in our 40's the amount of saliva and its nutritional content declines, while the average 40 year old in America takes 1 to 3 medications. More than 500 commonly prescribed medications and over-the-counter products restrict the production of saliva. The combination of the body's natural reduction in saliva and the reduction of saliva due to medications creates the ideal condition for the overgrowth of oral bacteria that often results in the degradation of healthy gums.

TRI-OLOGY®
Restoring Oral Health Products' Role in Reducing the Risk of Gum Infection

TRI-OLOGY® has been used in dental procedures by dentists, hygienists, periodontists and oral surgeons for more than a decade because it is the only product scientifically proven to protect the gums while killing bacteria. (4)

Research has shown TRI-OLOGY® products, when topically used, supply the mouth with missing nutrients, antioxidants, saliva-like moisture and antimicrobials needed by the body for rapid repair and prevention of gum infection.

TRI-OLOGY® patented products are the result of a synergistic union of the highest quality organic whole-plant ingredients. Each ingredient is selected for its superior ability to aid the body in its natural repair and protection of the mouth.

Talk to your dental professional about your risk for Alzheimer's Disease. Ask if your mouth and gums need TRI-OLOGY® to reduce your risk for developing age-related Alzheimer's Disease.

Preventing Alzheimer's Disease when caused by oral bacteria traveling to the brain is possible. Regular dental examinations, preventative dental procedures and daily use of TRI-OLOGY® are ways you can reduce your risk for AD.

NOWsystem, Inc
TRIOLOGY® is made in the U.S.A.
800-306-3041 (M-F 8-4 CT)
www.triologycare.com

These statements have not been evaluated by the Food and Drug Administration. TRI-OLOGY® products are classified as dietary supplements, and are not intended to diagnose, treat, cure or prevent any disease. They are intended to aid the body in its natural repair and protective functions.

1 in 3

Americans will have Alzheimer's Disease*

2 out of every 3 will be women**

Will You be one?

Learn what you can do to reduce your risk

Alzheimer's Disease (AD) Facts

Alzheimer's disease is an irreversible and progressive brain disorder that destroys memory and the ability to do the simplest tasks. Today there is no cure and it is always fatal. Family members report it's like losing their loved-one twice to AD.

More than 5 million Americans have AD. That number is expected to reach 14 million in just a few years.

The causes of AD include genetic, health, environmental and lifestyle factors.

Changes in the brain begin to occur two decade or more before AD symptoms appear. In most people with AD, symptoms first appear in their mid-60s.

Bacteria rich plaques in the brain are a main feature of AD.

*Cover: 32 percent of people age 85 or older have Alzheimer's dementia. It is important to note that Alzheimer's dementia is not a normal part of aging, and older age alone is not sufficient to cause Alzheimer's dementia.
Alzheimer's Association. 2019 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2019;15(3):321-87.

**Cover. Two-thirds of the brains affected by Alzheimer's belong to women.
The Women's Alzheimer's Movement. www.thewomensalzheimersmovement.org

Genetics

Carrying one of the genes for AD does not mean a person will definitely develop AD.

Familial AD, an early-onset AD caused by one of three inherited genes, occurs in people 30 to 60 years old and represents less than 5% of all people with AD.

1 in 20 people with AD has an inherited type known as early-onset familial Alzheimer's disease.

For Alzheimer's genetics research, read the **Alzheimer's Disease Fact Sheet**, available at *www.nia.nih.gov/alzheimers/publication/alzheimers-disease-genetics-fact-sheet.*

(1) The U.S. Surgeon General Report on Oral Health in America, May 2000 *www.profiles.nim.nih.gov*

(2) J. Diaz-Zuniga et al. Serotype b of Aggregatibacter actinomycetemcomitans triggers pro-inflammatory responses and amyloid beta secretion in hippocampal cells: a novel link between periodontitis and Alzheimer's disease? 2019; https://doi.org/10.1080/20002297.2019.158642

(3) Stephen S. Dominy et al. Porphyromonas gingivalis in Alzheimer's disease brains: Evidence for disease causation and treatment with small-molecule inhibitors. 2019; https://advances.sciencemag.org/content/5/1/eaau3333

(4) Jeremy Bowen et al. Comparison of Antimicrobial and Wound Healing Agents on Oral Fibroblasts Viability and *In-vivo* Bacterial Load, 2015; http://dx.doi.org/10.4172/2161-1122.1000305

Environment and Lifestyle

A nutritious diet is often difficult for those with limited resources and inconvenient for busy adults. Processed foods fill grocery store shelves and fast food restaurants, and often cost less than raw foods, but research has shown many processed foods can increase the risk for systemic diseases.

A diet rich in raw fruits and vegetables, nuts and whole grains help people stay healthy throughout their lives. This is in part due to the actual chewing of raw foods.

The chewing of raw food releases nutrients, antioxidants and antimicrobials into the mouth that aid in repairing and prevention of gum infection and remineralizes tooth enamel, aiding in the prevention of tooth decay.

Because changes in the brain begin to occur 20 or more years before AD symptoms appear, adults of all ages need to eat a nutritious diet. Individuals who wait until their 50's or 60's to begin eating a diet rich in raw foods increase their risk for gum infection and associated brain changes occurring in their 20s, 30s and 40's.

Physical activity, social engagement, and mentally stimulating pursuits have been associated with helping people stay healthy. Ongoing research has not shown yet if these activities help reduce the risk of AD.

For more information visit **www.alz.org** and **www.alzfdn.org**