



DR PANAHPOUR
THE SYSTEMIC DENTIST

Nation's First Free Dental Screening for Heart Health

Systemic Dentist ~ December 14, 2017

The nation's first free oral screenings for the bacteria associated with both gum disease and heart disease are being offered the last Tuesday of every month by the leading Seattle area holistic and biological dentist, Dr. Alireza Panahpour.

"Our 'Dental Culture for Healthy Hearts' screening is a convenient, no-cost way to educate the public about the proven relationship between heart health and oral health, and to serve as an example of how dentists can inspire their patients to consider the status of their heart health at least as regularly as they get their teeth cleaned," said Dr. Panahpour.

"The public is largely not aware, but scientists agree that there is a relationship between heart disease and gum disease. By sharing this information, and testing the community for the bacteria associated with both heart and gum disease, our hope is to inspire questions from patients and the community about their heart health that could motivate healthy lifestyle changes and potentially saves lives."

These free events are scheduled Tuesday, January 23, Feb. 27, March 27, April 24, and May 22 at 10 a.m. Appointments are free, and can be requested [here](#).



“Scientists agree that there is a proven relationship between gum disease and heart disease; this test is a convenient way for patients to consider their heart health on a more regular basis, and a no-cost way for dentists to help their patients to prevent heart disease.”

— Dr. Alireza Panahpour, DDS

"Our “Dental Culture for Healthy Hearts” screening is a convenient, no-cost test designed to inspire everyone to consider the status of their heart health at least as regularly as they get their teeth cleaned," said Dr. Panahpour.

WHAT TO EXPECT:

A phase contrast microscope with a 24-inch monitor next to the dental chair provides a live-action reality show starring the bacteria swabbed from dental plaque under the gum line of each patient’s mouth. Spirochetes, rods, and white blood cells are present when there’s infection; the more infection, the more bacteria the patient will see.

This unusual, larger-than-life view can be both intriguing and cringe-worthy to patients who have never before seen the microscopic entities living on their teeth and gums. Patients are offered the opportunity to make a digital video of their living oral bacteria from the dental chair.

Our biological hygienist compares the bacteria viewed on the screen to charts that help establish if the patient's bacteria colony size and which types of bacteria are observed. All patients tested will be offered educational materials about the unexplained association between gum disease and heart disease as well as materials on heart-healthy habits suggested by the American Heart Association.

Those patients with high levels of oral bacteria will also be prompted to seek the advice of their ND or MD for more tests and information about their heart health. Although this is the first free community screening for the oral bacteria associated with heart disease, Dr. Panahpour already includes this free test with every hygiene appointment for his regular patients.

“An oral bacteria culture test during every hygiene appointment is the best protocol for the future for dentistry, but this is not intended as a replacement for regular medical check-ups and a lifestyle that promotes heart health,” said Dr. Panahpour. “We are pleased to be working together with the community, families and their health professionals to create convenient opportunities for all to consider better choices for their overall health and well being.”

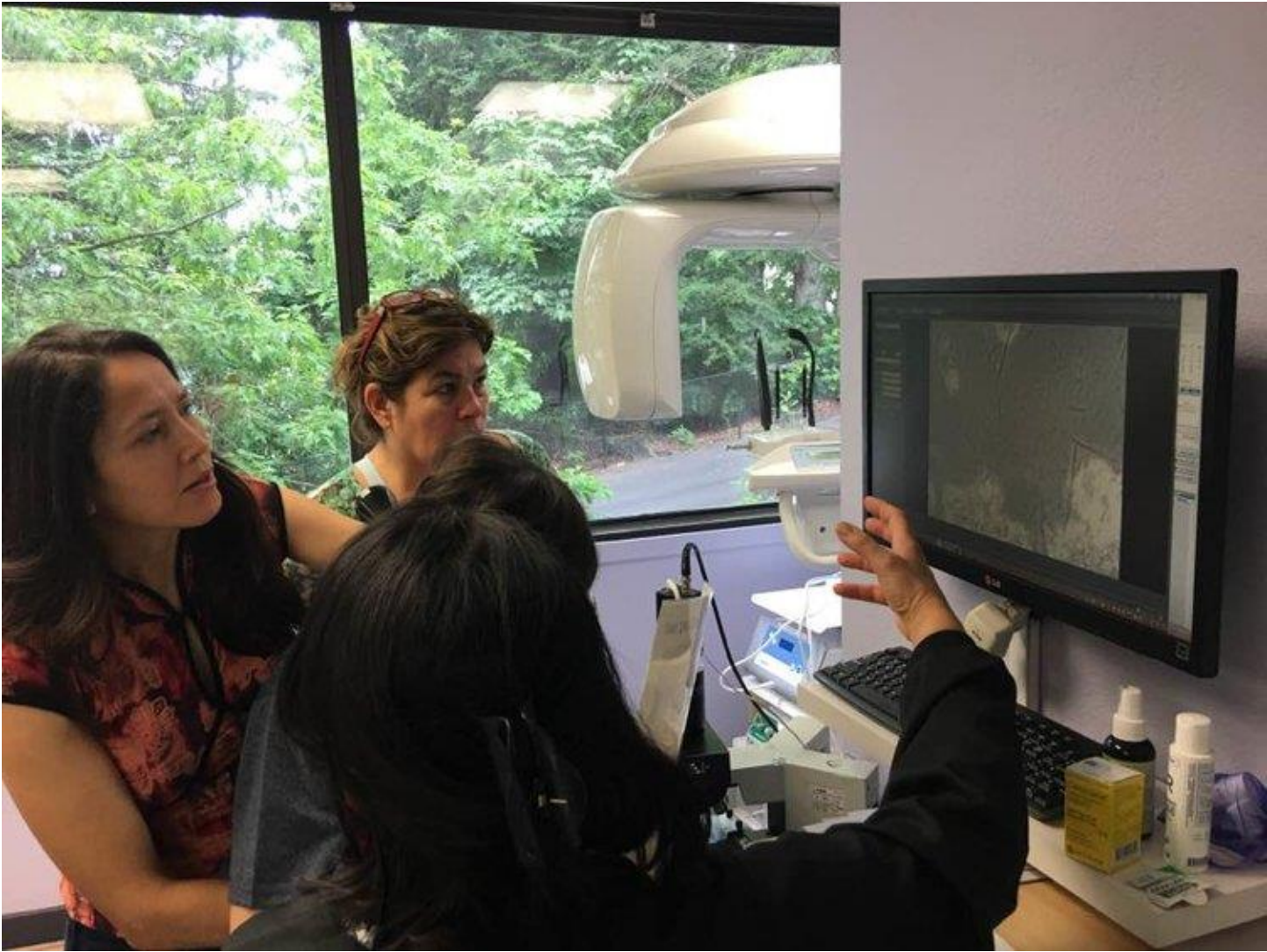
For the most up-to-date information on the Dental Culture for Healthy Hearts screening, follow our Facebook page [here](#).

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EDITOR'S NOTE: High-resolution photos, videos, and interviews with Dr. Panahpour and with patients viewing their own test results are available. Also, if you would like to receive and report on your own Culture for Healthy Heart screening, that can be arranged at your convenience by sending an email to TheSystemicDentist@gmail.com.

About Dr. Panahpour: Dr. Alireza Panahpour, DDS is a pioneer in holistic dentistry known for healing chronic conditions via removal of metal fillings, a frequent speaker for educators and professionals worldwide and author of “The Good Dentist,” a book on holistic dentistry cases and discoveries. Dr. Panahpour's Seattle holistic dental practice offers mercury-free general dentistry and non-invasive treatments for chronic conditions using cutting-edge technology and natural substances to eliminate infections, with an emphasis on keeping natural teeth. Dr. Panahpour uses only non-toxic restorative materials when restoration is necessary to promote optimal teeth, jaw, head, neck and bio-structural relationships that are integral to systemic health. Learn more at <http://www.SystemicDentist.com>.





The Oral and Heart Health Connection

Scientists agree, there is an unexplained association between gum disease and heart disease. With this in mind, we offer the Dental Culture for Healthy Hearts test for the same bacteria that causes both gum disease and heart disease.

American Dental Association / newsletter, "Mouth Healthy":
<http://preview.tinyurl.com/j5xejm8>

"...many studies show an as-yet-unexplained association between gum disease and several serious health conditions, including heart disease, even after adjusting for common risk factors."

Mayo Clinic:
<http://preview.tinyurl.com/ghbm7n>

"Research suggests that periodontitis is associated with an increased risk of developing heart disease and that people with chronic gum disease have increased thickness of their neck blood vessels. There is also a strong correlation between diabetes and cardiovascular disease, and evidence that people with diabetes benefit from professional teeth cleanings." - The Mayo Clinic

Harvard Medical School / "Harvard Heart Letter":
<http://preview.tinyurl.com/q7szc6p>

"Gum disease—which begins when the sticky, bacteria-laden film known as plaque builds up around your teeth—is closely linked to premature birth, heart disease, diabetes, and other chronic health problems. Now, a report in the August issue of the American Journal of Preventive Medicine finds that treating gum disease (also called periodontal disease) can lead to better health — as evidenced by lower health care costs and fewer hospitalizations — among people with common health conditions."

Web MD:
<http://preview.tinyurl.com/hxe8wqm>

"Does a healthy mouth equal a healthy heart? More and more, the research says "yes." Doctors have been talking about the potential link for nearly two decades and with good reason. Heart disease is a serious problem around the world. So is poor oral health. Could better brushing and flossing give you a healthier heart? And could dentists take a peek inside your mouth and see if you're at risk for heart disease? Doctors say maybe."

American Heart Association:
<http://preview.tinyurl.com/grp55ct>

"The mouth can be a good warning signpost..." - the American Heart Association



Dental Culture for Healthy Hearts

The Nation's First Free Community Screening for the Bacteria Associated with Both Gum and Heart Disease

Dr. Panahpour offers the Dental Culture for Healthy Hearts test as a convenient way for patients and members of our community to consider their heart health on a more regular basis, and to motivate healthy lifestyle changes that could potentially save lives. Dr. Panahpour includes this test for regular patients at Systemic Dentist as a part of every 6-month dental hygiene appointment.

Dr. Panahpour is passionate about educating the world about the connection between oral health and total body wellness. If you would be interested in a presentation, email us today at info@systemicdentist.com.

Learn more at: <http://preview.tinyurl.com/Dental-HeartHealth>

About Dr. Panahpour:

Dr. Alireza Panahpour, author of "The Good Dentist," is one of the first and most respected biological dentists, sometimes called integrative or systemic dentists, in the world. He is a frequent speaker for dental educators and professionals at holistic and biological dental conferences regarding his research and results, using state-of-the-art technology and science-backed techniques.

Dr. Panahpour is perhaps best-known for healing chronic conditions via removal of metal fillings and non-invasive dental treatments that are integral to systemic health. His expertise is sought out by elite professional athletes and celebrities from the film and music world. 70% of his patients fly into Seattle to seek his treatment.

TODAY'S TEST RESULTS:

On (date) _____ My Blood Pressure was:

My gum disease/bacteria risk level was (Circle one):

Low Medium High

There is heart disease in my immediate family: (circle one)

YES NO

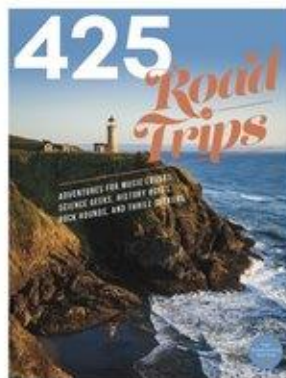
Link to video of bacteria in my mouth will be labeled # _____ and can be found #HeartHealthy at:

<https://www.facebook.com/alirezapanahpourdds>

What to do next:

1. Make the heart-healthy lifestyle changes recommended by the American Heart Association, found here: https://www.heart.org/HEARTORG/HealthyLiving/How-to-Help-Prevent-Heart-Disease---At-Any-Age_UCM_442925_Article.jsp
2. If your bacteria levels are high, ask your ND/MD for their recommendation regarding heart health testing.
3. **Help to save lives!** Spread the word to friends about the connection between gum and heart disease by sharing a photo or a video of your bacteria screening, or of you and Dr. Panahpour or Barbara on Facebook or Instagram #HeartHealthy.

4. Come back for another free screening in 6 mos, or make Systemic Dentist your home for regular systemic dental hygiene appointments by scheduling at 1-888-338-6336. Learn more about the gum health and heart health connection, and compare your results at this appointment to your oral health at future appointments.



Our Dental Culture for Healthy Hearts test is offered as a community service by Systemic Dentist, and was recently featured in the June issue of 425 Magazine as part of a presentation by Dr. Panahpour and Barbara Tritz, RDH to junior high school health classes in the greater Seattle area.

Learn more at:

<http://425magazine.com/grossing-kids-oral-hygiene/>



Dr. Panahpour
Systemic Dentist

Dental Culture for Healthy Hearts

The Nation's First Free Dental Screening for Heart Health

#HEARTHEALTHY

Dentistry For Your Best Health

Integrative * Biological * Systemic * Holistic * Metal-Free