



The Role of IODINE *in Dental Health*

Iodine has widely been used in the medical field due to its antiseptic properties, but now the use of iodine in dentistry is becoming increasingly prevalent. In fact, it's now said that iodine can be more beneficial than fluoride when it comes to preventing tooth decay and gum disease.

While the use of iodine in dental health has been used for more than 150 years, it has just now become more popular due to the increased knowledge of the role iodine deficiency plays in oral health. Iodine is a natural element that is needed in the body to maintain healthy thyroid function. Now, you may be wondering what your thyroid has to do with your oral health? The function of your thyroid can cause dental health complications. Iodine deficiency is directly linked to causing dental problems due to the endocrine dysfunction. This can lead to dry mouth, which is known to increase the risk for cavities and gum disease.

In addition, inadequate amounts of iodine can lead to mouth breathing, a large swollen tongue and even bite complications, such as small jaws and anterior bite. These factors are known to lead to sleep apnea.

Finally, low iodine levels are known to contribute to Dental Distress Syndrome. Dental Distress Syndrome doesn't just affect the mouth, but the entire body. The symptoms of the syndrome can include TMJ and poor oral health; however, symptoms can radiate to other areas of the body, such as the ears, eyes, neck, and skin.

