



WE MAY FINALLY KNOW WHAT CAUSES ALZHEIMER'S AND HOW TO STOP IT!

If you bled when you brushed your teeth this morning, you might want to get that evaluated by a dentist. We may finally have found the long-elusive cause of Alzheimer's disease that affects around third of all of the population.

Alzheimer's is one of the biggest mysteries in medicine. As populations have aged, dementia has skyrocketed to become the fifth biggest cause of death worldwide. Researchers have linked Alzheimer's disease with *Porphyromonas gingivalis*, the main bacteria in chronic gum disease.

Bacteria involved in gum disease and other illnesses have been found after death in the brains of people who had Alzheimer's, but until now, it hasn't been clear whether these bacteria caused the disease or simply got in via brain damage caused by the condition.

Multiple research teams have been investigating *P. gingivalis* and have so far found that it invades and inflames brain regions affected by Alzheimer's; that gum infections can worsen symptoms in mice genetically engineered to have Alzheimer's; and that it can cause Alzheimer's-like brain inflammation, neural damage, and amyloid plaques in healthy mice.

We already know that amyloid and tau can accumulate in the brain for 10 to 20 years before Alzheimer's symptoms begin. This, say the researchers, shows *P. gingivalis* could be a cause of Alzheimer's, but it is not a result.

We encourage You to maintain a healthy diet and good bacterial flora for proper intestinal harmony, as well as your superb oral hygiene regimen. Ask us if you need help!



Journal reference: Science Advances, DOI: 10.1126/sciadv.aau3333

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