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## Are Dental Procedures Hazardous to Your Health? Cardiac Disease and Invasive Dental Treatment

A recent article in the *Annals of Internal Medicine* (2010; 153:499-506) associates a history of invasive dental procedures (surgical extractions, scaling and root planing, gingivectomy among others) with the development of a major cardiovascular event. The article shows an increased rate of these events in the first four weeks after the dental treatment which gradually returns to baseline over the subsequent six months. The incidence ratio was statistically significant at 1.5 (i.e. 50% more likely to occur). The authors cautioned that although the association is quite strong, the need for

the invasive dental treatment was necessary for long term health and therefore should not be avoided.

Most practitioners are aware of a body of knowledge correlating the presence of chronic inflammation to the development of major vascular accidents (stroke) and myocardial infarctions. This chronic inflammatory state of periodontal disease has been implicated as one of the risk factors for developing such vascular events. This chronic inflammation produces elevated levels of C-reactive proteins, endothelial dysfunction and atherosclerosis. However, this is

the first article that associates the dental procedure itself with an increased risk. It is interesting to note that none of the cardiovascular events in the study happened on the day of the dental procedure, thereby linking the occurrence to the late effects of inflammation

rather than from the procedure itself.

A published companion to this article is information for patients (<http://www.annals.org/content/153/8/I-45.full>; accessed October 21, 2010). Practitioners may therefore

*continued on reverse*

### Dental Fun Fact

#### DID YOU KNOW THAT...

A total of 11 teeth from 9 adults who lived between 7,500 and 9,000 years ago contain holes drilled from sharpened flint points. Flint-wielding specialists drilled holes, which are believed to have been filled with some type of material. The teeth came from residents of a prehistoric farming village called Mahrgarh in what is now Pakistan.

From: "Early Neolithic Tradition of Dentistry," *Nature*. (Science News Online)

### News You Can Use

Bisphenol A (BPA) is a synthetic chemical resin used in plastics. In dentistry, its derivatives—bisphenol A-glycidyl methacrylate and bisphenol A dimethacrylate—can be found in resin-based dental sealants and composites. BPA is rarely used as an ingredient in dental materials but may be present as a by-product of other ingredients in dental composites or sealants that may have degraded, and as a trace material leftover from the manufacture of other ingredients used in dental composites or sealants.

The exposure to BPA from sealants is about 200 times lower than the level EPA considers safe. The EPA level is based on daily exposure. The measurable

exposure to BPA from sealants occurs one time—at the time of placement.

While the quantity and duration of systemic BPA absorption was not clear from the available data, the authors concluded that BPA exposure may be minimized by cleaning and rinsing surfaces of sealants and composites immediately after placement.

"On the basis of the proven benefits of resin-based dental materials and the brevity of BPA exposure, we recommend continued use with strict adherence to precautionary application techniques," they wrote.

From [www.ada.org](http://www.ada.org)

# Are Dental Procedures Hazardous to Your Health?

expect some questions from their patients. It is important to advise that the article encourages patients not to defer these procedures, but to be aware of the increased

risk. Patients are advised to be observant for the warning signs of a stroke or myocardial infarction following dental procedures. The journal clearly advises pa-

tients that the increased risk of the dental procedure is outweighed by the long term health benefits.

From: OMSNIC Monitor- "Are Dental Procedures Hazardous to Your Health? Cardiac Disease and Invasive Dental Treatment," December 2010.

**Dr. Brian Simpson**  
announces the fifth meeting of the

## **NANUET IMPLANT STUDY GROUP**

**speaker: Christos Angelopoulos, DDS, PhD**

**Oral and Maxillofacial Radiologist at  
Columbia College of Dental Medicine**

**"3-D Imaging in Depth"**

**Thursday, March 10, 2011**

**Dinner: 6:30 Presentation: 7:00 — 9:00 pm**

**Pasta Cucina 253 South Little Tor Rd New City, NY**

**2 CE credits awarded by the Ninth District Dental Association**

**Cost: \$30.00**

**Please bring your cases and documentation  
(photos, x-rays, models) for discussion.**

**To register, contact Theresa: 845-623-3497  
or email her at [theresag@drbriansimpson.com](mailto:theresag@drbriansimpson.com)**

**Save the date! Dr. Brian Simpson will speak on  
"25 Years of Pathology" at the Wednesday, June 1st meeting**

*"Win as if you were used to it, lose as if  
you enjoyed it for a change" - fortune cookie*