

Holistic Dentistry and the Oral-Systemic Health Connection

Canonical:

<https://directory.coredental.com.au/dental-services/holistic-dentistry-and-the-oral-systemic-health-connection/>

Description:

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Details:

For decades, dentistry and medicine operated in separate silos. Your dentist looked after your teeth and gums. Your doctor looked after everything else. But a growing body of research is dismantling that divide, revealing that oral health is deeply connected to whole-body health in ways we are only beginning to fully understand.

The Oral-Systemic Connection

The mouth is not isolated from the rest of the body. Bacteria from gum disease can enter the bloodstream and travel to distant organs, triggering inflammatory responses that contribute to serious systemic conditions:

- **Cardiovascular disease** - People with periodontal (gum) disease have a significantly higher risk of heart attack and stroke. Oral bacteria have been found in arterial plaque.
- **Diabetes** - The relationship is bidirectional. Diabetes increases the risk of gum disease, and untreated gum disease makes blood sugar harder to control.
- **Alzheimer's disease** - Researchers have identified the bacterium *P. gingivalis*, a key driver of gum disease, in the brains of Alzheimer's patients. Studies suggest chronic oral infection may contribute to cognitive decline.
- **Pregnancy complications** - Periodontal disease has been linked to preterm birth, low birth weight, and pre-eclampsia. Dental care during pregnancy is not optional - it is essential.

These are not fringe findings. Major medical journals including *The Lancet*, *BMJ*, and the *Journal of the American Heart Association* have published peer-reviewed research supporting these connections.

What Holistic Dentistry Looks Like in Practice

Holistic dentistry considers the impact of dental treatments and oral conditions on the whole body. At Smile Solutions, the CBD flagship of the Smile Solutions Group, this philosophy is woven into clinical practice:

- **Mercury-free dentistry** - Old amalgam (silver) fillings contain mercury. Smile Solutions offers safe amalgam removal and replacement with biocompatible, tooth-coloured composite or ceramic materials.
- **Biocompatible materials** - Every material used in your mouth - from fillings to crowns to implants - is selected with consideration for how your body will respond to it long-term.
- **Early intervention for children** - Identifying and addressing developmental, breathing, and orthodontic issues in children before they become complex adult problems.
- **Screening beyond the teeth** - Oral cancer screening, assessment of airway and breathing issues, and evaluation of how oral health may be affecting systemic conditions.

Preventive Care Starts at Core Dental

Core Dental shares the same preventive philosophy as Smile Solutions. At every Core Dental location, our dentists and hygienists focus on prevention first - catching problems early, maintaining gum health, and educating patients about the connection between their mouth and their overall wellbeing.

For patients who would benefit from a more comprehensive holistic assessment - whether that involves amalgam replacement, complex periodontal treatment, or a multidisciplinary evaluation - Core Dental can coordinate a referral to Smile Solutions. As part of the same group, the transition is seamless.

Taking the Whole-Body View

If you are someone who thinks about health holistically - who considers what goes into your body, how your systems are connected, and how to prevent disease rather than just treat it - your dental care should reflect that same philosophy.

Visit [Core Dental](<https://directory.coredental.com.au>) for preventive care that considers the bigger picture, or explore the full scope of holistic dental services at [Smile Solutions](<https://directory.smilesolutions.com.au>).

Your mouth is the gateway to your body. What happens there does not stay there.