



**Dr. Gaylina Reachi
& Dr. Mark Yarbrough**

ABQ Dentists

3900 Eubank Blvd. NE, Suite 14
Albuquerque, NM 87111
Phone: (505) 293-8011
Web site: www.abqdentists.com

As dentists committed to serving their community, Dr. Gaylina Reachi and Dr. Mark Yarbrough practice what they preach—a “total approach” to dentistry. Through her practice at ABQ Dentists, Dr. Reachi educates patients on what she calls the oral-systemic connection, and how “overall health is very closely linked to oral health.”

Cavities are a contagious bacterial disease, and are still the number one disease among children. However, cavities can be healed if they are isolated to the enamel.

Periodontal diseases, including gingivitis and periodontitis, are serious infections that, if untreated, can lead to tooth loss as the infection affects the gums and bones supporting the teeth. It begins when bacteria in plaque causes the gums to become inflamed.

“Inflammation,” says Dr. Reachi, “represents the body’s protective response against injury and tissue destruction. But the response, which consists of highly coordinated events at a cellular level, can be potentially harmful and lead to systemic injury and disease.”

Problems associated with inflammation can be very serious:

- **Complications with pregnancy:** Inflammation from infection has been associated with pre-term delivery of low birth weight infants.
- **Heart disease:** According to the American Academy of Periodontology, diseased gums release higher levels of bacterial inflammatory components into the bloodstream of patients with severe periodontal disease compared to healthy patients. As a result, these harmful bacterial components could travel to other organs, including the heart.
- **Stroke:** Active periodontal inflammation may contribute to an increase of blood clots through platelet activation, and elevated clotting factors, thereby increasing risk of stroke.
- **Diabetes:** People with diabetes are more likely to have gum disease than people without diabetes, probably because diabetics are more susceptible to contracting infections.

Because of these and other health risks, Dr. Reachi stresses that it is important to see your medical doctor and dentist yearly.