

## Closing the Gap.

Oral hygiene is the single most important variable in determining long term health.

Many diseases of the body (probably more than one half) are not 'in the mouth', but originate 'in the mouth', a consequence of periodontitis and tooth decay. The incidence of strokes, heart attacks, COPD, many cancers is known to be significantly increased if Perio and decay are present. The Karolinska Institute found that women who have lost teeth due to periodontitis have 11 times the risk of breast cancer. It is suspected (with evidence) that the periodontitis provides access for oral bacteria to enter the bloodstream, causing inflammation. Rabbits injected with oral bacteria have had an immediate infarct induced.

More recently it has been found that susceptibility to COVID 19 is much higher in perio compromised individuals.

I have been studying oral hygiene for 40 years now and have developed an oral hygiene regime which gives the highest level of mouth cleanliness; the highest level possible short of having a personal dentist or hygienist on call.

To the extent that we can eliminate perio and tooth decay, we can close the gap on health differences between the Indigenous and Caucasian population.

I would be happy to work with the relevant authorities to verify (or otherwise) this hypothesis and to 'Close the Gap' as quickly and as effectively as possible.

Stuart Saunders,  
Ban Amphur,  
Thailand.  
3 / 7 / 20