

## DENTAL DETERIORATION IN IPS IS A CALL FOR ACTION

The 3 letters attached to this chronicle highlight the importance of dental decay in IPS.

**KEY POINT:** If you have IPS and you start to lose teeth, develop abscesses, periodontitis (gum inflammation), or multiple carries, it means that your IPS has active inflammation inside your brain and spinal cord (CNS) and that your hormone and neurotransmitter systems are dysfunctional. This also indicates that your IPS is probably progressing.

### SOME STEPS TO TAKE:

1. If you grind your teeth, which you may do subconsciously, your pain needs to be better controlled.
2. You need to take one or more medicinal agents that are known to suppress neuroinflammation – some examples are given here.

Curcumin	Metformin	Indomethacin	Serrapeptase
Minocycline	Acetazolamide	Diclofenac	Dexamethasone
Ketorolac	Pentoxifylline	Methylprednisolone	Naltrexone

3. Get a hormone profile, if possible: cortisol, DHEA, pregnenolone, testosterone. Hormone profiles are critical for your well-being. As part of the self-help movement, you can get a hormone profile without a doctor's order by calling Life Extension (1-800-208-3444, or ordering online [www.lifextension.com](http://www.lifextension.com)
4. Dental deterioration is tissue deterioration. Help rebuild dental tissue by eating protein foods, taking vitamins C and D, calcium, collagen-peptide supplements, DHEA 200-300mg a day, and/or colostrum.
5. Better pain control and good dental hygiene are critical.

### PATIENT LETTERS ABOUT DENTAL ISSUES WITH IPS

- *This makes me feel so much better to know why, after all these years of having basically healthy teeth & gums, now that I have IIPS, I've dealt with dental caries & strange issues with my gums. I want to do my best to prevent further issues & I'll definitely ask my doctor about checking a hormone panel. Thanks so much for continuing to keep me informed!*

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- *I have also had to deal with a lot of dental issues-caries and tooth losses. I have never been in so much pain, in my life. I know that my hormones are out of whack, but I cannot find a doctor to do the hormone panel on me PCP say she doesn't know how to do it; neurologist says he does not do that; and PM doctor does not do blood work. What are we, as AA patients to do? I am so tired of suffering and getting no help.*
- *I have also been experiencing dental issues. Gums receding and just had 2 teeth removed. Have one other that just cracked into pieces. I will need dentures if it continues. This disease is so frustrating. Pain management is not that great. I believe that AA is in my entire spine and with 3 brain injuries, 2 brain surgeries, I wouldn't be surprised if it were now in my brain. This is miserable, painful disease. So thankful one physician cares enough to research.*



Dr. Beak

**If you have constant pain and poor teeth, this is a signal that you need a more potent treatment protocol!**

**Poor teeth with IPS isn't usually due to poor hygiene.**



nurse  
Rosey

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