



Dr. Makowski has completed and satisfied all the requirements to acquire her Fellowship in the Academy of General Dentistry, which has spearheaded the focus on educating patients and the public on the multiple links between the Mouth and Body. Lakeview Dentistry of Charlevoix's team is committed to providing exceptional care by utilizing the most advanced dental technology for patients. Dr. Makowski has undergone extensive laser training with a Mastership in the World Clinical Laser Institute and is a member of the Academy of Laser Dentistry. She has also received training in Botox use specific for dentistry in the treatment of disorders such as temporal mandibular joint disorder. Dr. Makowski is a member of the dental honor society Omicron Kappa Upsilon, the Academy of General Dentistry, American Academy of Cosmetic Dentistry, American Dental Association, Michigan Dental Association and the Vacationland District Dental Society. Dr. Makowski dedicates herself and her team to continuing education to bring the most advanced dental care to her patients.



Conservation. Education. Prevention.

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Mouth-Body Connection

BY DR. MELISSA MAKOWSKI OF LAKEVIEW DENTISTRY

Osteoporosis, rheumatoid arthritis, chronic obstructive pulmonary disease, sleep apnea, obesity, diabetes, cardiovascular disease and Alzheimers; it is a formidable list that all share specific oral bacteria as contributory factors. 8-12 specific oral bacteria have been implicated in oral inflammation (i.e., periodontal disease) and systemic disease. It is shocking that 40% of people under the age of 30 have significant elevations of these bacteria, which increases as the person ages. Eighty-three percent of people over 80 have elevated levels. A simple salivary test can identify an individual's oral bacterial profile. Dr. Makowski employs this analysis to aid patients in discovering how their oral environment may be impacting their overall health. "The Mouth-Body connection is well established", Dr. Makowski states, "and our patients need to be aware of how we can help them achieve better overall health by improving dental health."

Did you know that people with serious gum disease were 40% more likely to have a chronic medical condition? Dr. Makowski says, "The Mouth-Body connection has led dentistry to the forefront of prevention with addressing the many medical problems that could stem from dental disease. There are specific oral bacteria that've been linked to cardiovascular disease, Alzheimer's, diabetes, and premature births."

Did you know that 91% of patients with heart disease have periodontitis? Dr. Makowski reported that "Risk factors such as smoking, poor diet, obesity, and periodontal disease increase heart disease in people. Inflammation in the gums causes inflammation in the blood vessels, linking it to hypertension. Plaque buildup in the vessels leads to an increased risk of stroke and heart attack."

Did you know that oral infections could lead to premature births and low



birth rates? Dr. Makowski said, "The cause may be linked to direct consequences of the infections as well as hormonal changes." She promotes maintaining recommended scheduled dental visits and daily oral hygiene. By doing so, patients will reduce risk of infection that could interfere with prenatal health for you and the baby. Dr. Makowski recommends that expecting or soon-to-be mothers complete a thorough periodontal exam to evaluate if you are at risk.

Dr. Melissa Makowski is one of the only laser dentists in northern Michigan with a Mastership in Laser Dentistry. Besides laser dentistry, her practice focus is on the complex relationship between oral and physical health. Prevention. Conservation. Education.