

Important Vitamins Help Reducing Gum Disease Risk

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Eat your vitamins... is not just another insignificant phrase.

According to a recent study, which has been published in the Journal of Dental Research, people who do not get enough Vitamin C and E in their system are extremely likely to develop periodontal disease.

Researchers from Japan have found that older people, who have Vitamin E and C deficiency, might also have to put up with severe cases of periodontal disease. In the study, there have been involved 224 older adults, and research took place across a span of 8 years.

The adults involved in the study went through a dental exam once per year, and they were also taking blood tests. These blood tests were taken in order to measure up their levels of Vitamin C and E.

Moreover, researchers have divided up the participants into three different groups, according to the levels of Vitamin C found in their system.

The patients with the lowest level of Vitamin C in their blood, actually had a 30% increased risk of developing gum disease; patients in the middle group were facing a risk of only 12% of developing the disease.

Researchers did the same and divided the patients into different groups according to the levels of Vitamin E in their system. Those with the lowest levels of vitamin in their blood had a 15% higher risk of developing gum disease.

It has been noted that patients who have regular levels of both vitamins in their system, are less likely to develop severe forms of periodontal disease. Both vitamin C and E are extremely important antioxidants.

Their main role in the human system is to protect against cell damage. When the human system has a very low level of antioxidants, there is also an increased risk for several other diseases such as arthritis, cancer or heart complications.

Gum health and Vitamin C go hand in hand. If a person lacks a considerable amount of Vitamin C from the system, scurvy might develop. This is an extremely dangerous disease, which has as main symptoms gums that are becoming "spongy" in appearance, bleeding from the mucous membranes and the appearance of white spots on the skin.

Therefore, taking your daily dose of Vitamins is of paramount importance, in order to guard yourself against the danger of periodontal disease and other even more severe complications.