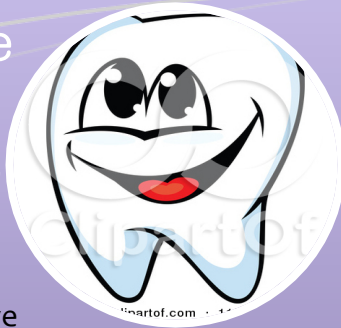


Role of the Dental Hygienist



- Dental hygienists have a duty to educate their patient on what's causing him/her to suffer from Periodontitis. Could a deficiency of Coenzyme Q10 be a contributing factor?

Thus the dental hygienist can educate the patient on CoQ10 and aid the patient in understanding how this treatment may benefit them.

-It is important help the patient understand that it is essential to routinely use both topical CoQ10 and CoQ10 supplements for patients with periodontal disease.

-Diseased gum tissue has significantly lower levels of Coenzyme Q10 than healthy gums in the same patient, therefore dental hygienists can implement Coenzyme Q10 into patient therapy plan to help treat, prevent and promote healing of periodontal disease.

-Helping the patient restructure their oral hygiene routine to ensure the patient regains maximum oral health.

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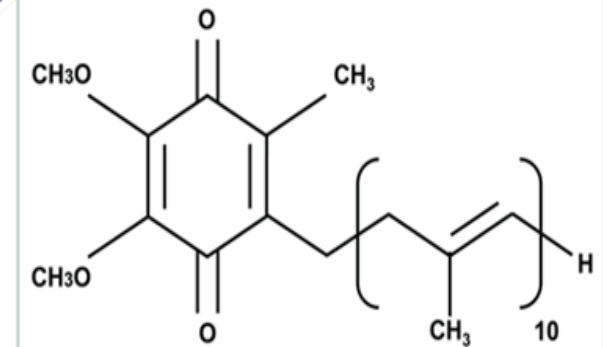
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Coenzyme Q10 An antioxidant to treat periodontal disease



Structure of CoQ10

Structure of CoQ10

<http://www.ruwikmann.com/blog/forever-young-with-coq10>

Presented by:

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Connection between Coenzyme Q10 and periodontal disease

Periodontal disease is caused by harmful bacteria that irritate the gums. This then causes inflammation and discomfort.

Brushing and flossing your teeth daily with regular visits to a dental hygienist for cleaning and a dentist for oral health checkups can help keep gum disease at bay.

Antioxidants are also beneficial in keeping gums healthy by boosting immunity of the gums and also fighting off free radical damage caused by any harmful bacteria.

“According to the University of Maryland Medical Center (UMMC), research shows that people who have gum disease also have low levels of coenzyme Q10 (CoQ10) in their gums.”

Applying CoQ10 to the gums might control periodontitis because when antioxidants scavenge reactive oxygen atoms, it can reduce collagen destruction.

Topical CoQ10 has been known to reduce the depths of pockets that have developed around the teeth and improve gum attachment to teeth. Several clinical studies have shown that CoQ10 supplements led to faster healing and tissue repair in patients with periodontal disease.

Treatment

-California Pacific Medical Center recommends taking between 50 and 60 mg daily for the use of gum disease prevention.

-Look for dental care products containing CoQ10. Some commercial toothpastes list CoQ10 as an ingredient in the toothpaste.

- Mouthwashes containing CoQ10 may also be effective

-CoQ10 can be found naturally in foods like oily fish, vegetable oils, organ meats, eggs and whole grains.

-It is also available as a supplement. CoQ10 can be found in local food or vitamin store and does not always require a doctor's prescription.

**Note-People taking blood thinners and thyroid medications should check with their doctors before using CoQ10 supplements



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What is Coenzyme Q10?

-Coenzyme Q10 (CoQ10) is a compound found in the cell's mitochondria.

-Coenzyme Q10 is also known as CoQ10, Ubiquinone and Vitamin Q10

-Its function is mitochondrial metabolism.

- CoQ10 has antioxidant properties. It can reduce free radicals, which are damaging compounds that contribute to many health problems.

-Although the body makes CoQ10, deficiencies occur. Deficiency of CoQ10 has been reported in the gingival tissue of patients with periodontal disease.

- CoQ10 is an abundant natural compound, which has an important role in mitochondrial metabolism.

-It can reduce free radicals, which are damaging compounds that contribute to many health problems.