

New Research Shows How Root Canal Treatment Helps Protect Your Whole Body

(StatePoint) Root canal treatment is not only a tooth-saving procedure that preserves smiles and improves dental health, new research suggests that it can have far-reaching medical benefits that impact the entire body.

While it's long been known that some untreated dental infections can be associated with an increased risk of heart disease and diabetes, the positive impacts of treatment have not been as well studied. In order to understand how a successful root canal treatment can benefit heart and metabolic health, a team of researchers at King's College London tracked changes in the blood chemistry of patients who had undergone the procedure due to the common dental infection, apical periodontitis. What they discovered was improved glucose metabolism, a key factor in preventing diabetes, better lipid profiles, which are linked to heart health, and reduced inflammation.

The reason that root canal treatment is so effective is that during the procedure, the endodontist removes inflamed or infected pulp, carefully cleans and shapes the inside of the root canal, then fills and seals the space. By doing so, they are stopping the spread of infection and preventing harmful bacteria from entering the bloodstream.

“When you experience symptoms of swelling or pain indicating an infection, it's important to act immediately by making an appointment with an endodontist to save your tooth and protect your body,” says Dr. W. Craig Noblett, president of the American Association of Endodontists



(AAE).

More information about dental symptoms and the benefits of root canal treatment can be found by visiting <https://www.aae.org/patients/>, the patient education site of the AAE.

“We now have a deeper understanding than ever before of how intrinsically linked oral health care and overall health truly are. This understanding serves to reinforce the importance of a whole-body approach to care that helps protect smiles and prevent systemic complications,” says Dr. Noblett.