

Study Finds Improving Psoriasis may Begin with Dental Hygiene

Simple and healthy lifestyle changes may prevent or improve psoriasis symptoms

The Ohio State University Wexner Medical Center

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NEWS PACKAGE

SUGGESTED TEASE	YOU'VE PROBABLY HEARD YOUR DENTIST TALK ABOUT THE IMPORTANCE OF GUM HEALTH, BUT WHAT ABOUT YOUR DERMATOLOGIST? COMING UP, A NEW STUDY FINDS THE BACTERIA IN YOUR MOUTH COULD CONTRIBUTE TO A COMMON SKIN CONDITION.
ANCHOR LEAD	MORE THAN EIGHT MILLION AMERICANS SUFFER FROM PSORIASIS ¹ . EXPERTS KNOW THAT GENETICS AND INFECTIONS SUCH AS STREP THROAT, CAN PUT SOMEONE AT RISK, BUT THE ROOT CAUSE OF THE DISEASE REMAINS LARGELY A MYSTERY. BUT NEW RESEARCH ² IS GIVING INSIGHT INTO CERTAIN LIFESTYLE CHOICES THAT MAY PREVENT OR IMPROVE PSORIASIS, AND HOW THE KEY TO IMPROVING YOUR SKIN MAY BEGIN WITH YOUR MOUTH. BARB CONSIGLIO HAS THE DETAILS.
(PACKAGE START) -----	(Nats - Sound) :02
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Douglas walking dog	WHEN DOUGLAS LEVIN'S (LEH-vin's) PSORIASIS LED TO SEVERE JOINT PAIN AND ARTHRITIS, HIS DOCTOR RECOMMENDED CUTTING OUT HIS DAILY GLASS OF RED WINE. :06
CG: Douglas Levin Suffered with psoriatic arthritis	<i>"Within a week I was dramatically better, not just a little bit better. It wasn't subtle and it's never been that way since."</i> :07
Shots of Douglas walking dog	BECAUSE SYMPTOMS OF OFTEN APPEAR AS RED, SCALY PATCHES ON THE SKIN, MANY ARE SURPRISED TO LEARN THAT NOT ONLY CAN IT BE CONNECTED TO SERIOUS CONDITIONS LIKE ARTHRITIS, BUT THAT THE CAUSE – AND POTENTIAL SOLUTIONS – ARE MUCH MORE THAN SKIN DEEP. :11
Shots of Dr. Kaffenberger examining patient	

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<p>CG: Dr. Benjamin Kaffenberger Ohio State Wexner Medical Center</p>	<p><i>"This is an autoimmune disease. So we're looking for some sort of source for a trigger to set off the immune system in the first place."</i> :08</p>
<p>Shots of someone brushing their teeth</p>	<p>THE FIRST SOURCE RESEARCHERS LOOKED AT – THE MOUTH – WHERE MILLIONS OF MICROBIOME PROVIDE INSIGHT INTO OVERALL HEALTH.</p>
<p>Shots of Dr. Kaffenberger examining patient</p>	<p>DOCTOR BENJAMIN KAFFENBERGER (KAF-en-ber-ger) LED A STUDY AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER THAT ASKED PATIENTS ABOUT ORAL HYGIENE AND FOUND A CORRELATION BETWEEN POOR GUM HEALTH AND MORE SEVERE PSORIASIS. :15</p>
<p>Dr. Kaffenberger (CG'd earlier)</p>	<p><i>"We know that patients who have poor gum health, periodontitis, have a higher prevalence of pathogenic bacteria in the first place."</i> :07</p>
<p>Shots of someone brushing their teeth</p>	<p>IN ADDITION TO BRUSHING AND FLOSSING EVERY DAY, THE STUDY ALSO FOUND THAT SIMPLE LIFESTYLE CHANGES CAN HELP, SUCH AS MAINTAINING A HEALTHY WEIGHT, AVOIDING ALCOHOL AND SMOKING AND GETTING PLENTY OF FRUIT IN YOUR DIET. :10</p>
<p>Shots of Doug cutting apple</p>	<p><i>"We do have patients that have seen significant improvements in their psoriasis, dramatic improvements even by avoiding substances, having significant weight loss."</i> :09</p>
<p>Dr. Kaffenberger (CG'd earlier)</p>	<p>MORE RESEARCH IS NEEDED TO UNDERSTAND EXACTLY WHAT CAUSES PSORIASIS AND JUST HOW MUCH OF AN IMPACT SIMPLE CHANGES CAN HAVE ON THE COURSE OF THE DISEASE.</p>
<p>Shots of Doug cutting apple</p>	<p>BUT IN THE MEANTIME, DOCTOR KAFFENBERGER SAYS MAKING THESE SMALL CHANGES COULDN'T HURT. :10</p>
<p>Dr. Kaffenberger (CG'd earlier)</p>	<p><i>"The risks of us recommending this are that we're going to benefit your overall health. So we ought to be doing it, I believe, either way."</i> :07</p>
<p>Shots of Doug walking dog</p>	<p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p>
<p>(PACKAGE END) -----</p>	
<p>ANCHOR TAG</p>	<p>RESEARCHERS ARE WORKING TO GATHER MORE DATA ABOUT DIETS AND LIFESTYLE CHOICES THAT CONSISTENTLY HELP THOSE WITH PSORIASIS. THEY'RE EXPANDING THE STUDY TO POLL PSORIASIS PATIENTS NATIONWIDE.</p>

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<http://bit.ly/2BGEt8U>.

EXTRA BITES

"We started looking at the mouth and we had a specific interest there because of children, especially in this guttate form of psoriasis where patients, we knew they had some sort of trigger, the streptococcal bacteria in their mouth or in their tonsils." :16

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<p>CG: Douglas Levin Suffered with psoriatic arthritis</p>	<p>Douglas says controlling psoriasis through lifestyle is ideal: <i>“Anytime you can control it by moderating your intake of food or other things. You're that much better off because you don't have to deal with the side effects of medication, the cost of medication and so forth.” :16</i></p> <p>Douglas says he now has almost no signs of psoriasis: <i>“Now I think I don't have any evidence of psoriatic arthritis, and I'm not sure I have any psoriatic lesions at all.” :07</i></p>
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References

¹Statistics. National Psoriasis Foundation, **August 2019**. Online:
<https://www.psoriasis.org/content/statistics>

²The impact of oral health symptoms, hygiene, and diet on the development and severity of psoriasis, **Dermatology Online Journal, Volume 25, Issue 7, July 2019**. Online:
<https://escholarship.org/uc/item/85z4t7hq>

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