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

Produced by: MediaSource www.mediasourcetv.com

To download broadcast-quality video and other multimedia

elements: http://bit.ly/2BGEt8U.

Package Length: 1:47

The Ohio State University Wexner Medical Center

NEWS PACKAGE

Content provided by:

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 PSORIASIS¹. 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 RESEARCH² 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) -----

CG: Courtesy: The Ohio State
University Wexner Medical Center
:00 - :03

Shots of Douglas walking dog

CG: Douglas Levin

Suffered with psoriatic arthritis

Shots of Douglas walking dog

Shots of Dr. Kaffenberger examining patient

(Nats - Sound):02

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

"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." :07

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

Producers and Reporters: To download scripts, video and photos go to:

http://www.multimedia-newsroom.com

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

PSORIASIS. THEY'RE EXPANDING THE STUDY TO

POLL PSORIASIS PATIENTS NATIONWIDE.

SOCIAL MEDIA

Share it! Suggested tweet:

You may hear your dentist talk about the importance of gum health, but how about your dermatologist? A new study by researchers <u>@OSUWexMed</u> finds simple lifestyle changes can prevent or improve the skin disease psoriasis, including good dental hygiene. http://bit.ly/2BGEt8U.

Suggested post:

What does flossing have to do with your skin? A new study by researchers at The Ohio State University Wexner Medical Center finds simple lifestyle changes, including good dental hygiene, may help prevent or improve the red, scaly patches caused by psoriasis as well as more serious health concerns associated with the disease. http://bit.ly/2BGEt8U.

EXTRA BITES

Kaffenberger says eating fruit was associated with less severe psoriasis:

"Patients that reported a higher intake of fruits on their report, that was actually a protective factor. So the patients that were showing higher consumptions were actually associated with less significant psoriasis." :15

Kaffenberger says weight loss is important to improving psoriasis:

CG: Dr. Benjamin Kaffenberger Ohio State Wexner Medical Center "Our more severe patients have a heavier weight than the patients that have less severe disease. So aspects to help with weight loss are very important in this disease, and it's something that I recommend for every single patient.":12

Kaffenberger says psoriasis is related to other disease risk: "A long time ago we probably would have thought, "Oh, that heart attack that this patient had at 40 years old was not associated with psoriasis. But now we do know that psoriasis puts patients at a dramatically increased risk for, especially heart disease." :12

Kaffenberger explains why the study focused on the mouth: "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

CG: Douglas Levin
Suffered with psoriatic arthritis

Douglas says controlling psoriasis through lifestyle is ideal: "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

Douglas says he now has almost no signs of psoriasis: "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

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/85z4t7hg

For viewer information on this story contact:

The Ohio State University Wexner Medical Center: 1-800-293-5123 Log onto http://wexnermedical.osu.edu - click on "Media Room"

Produced by:



1800 West 5th Ave. Columbus, Ohio 43212 Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

Video content provided by: The Ohio State University Wexner Medical Center Media Relations Department: (614) 293-3737