

# Chronic system inflammation

Find out if CSI is slowing you down. *by Dr. Susan Maples*

**U**ntil our last breath our bodies are at constant work—striving against all insults to heal. Putting ourselves in an optimal state to allow healing means we need to slow down the harmful insults, and reduce systemic inflammation.

Gum disease, cancer, diabetes, depression, heart disease, asthma, stroke, and dementia—these seemingly diverse diseases are all thought to have a common denominator: Chronic Systemic Inflammation (SI).

Even if you have a genetic predisposition for one of these diseases, you can help protect yourself by identifying and treating SI. Here's how it works:

Our built-in immune system works well in response to threat: injury, allergy, infection, wounds, etc. Our lymph system immediately sends helper cells to heal the insulted tissue/organ.

## Assess your risk

To assess your risk factors for SI screen yourself here or visit [SelfScreen.net](http://SelfScreen.net)

Do you have Chronic Systemic Inflammation? (Yes = 2 points, Sometimes = 1 point, No = 0 points)

1. Do you have a large waistline (above 35 inches for women and above 40 inches for men?)
2. Do you, despite considerable effort, have difficulty losing weight?
3. Do you suffer from inexplicably achy joints or sore muscles?
4. Do you suffer from food sensitivities or GI disturbance such as bloating, constipation or diarrhea?
5. Do you feel depleted energy levels, and/or sleep problems?
6. Do you have dry, patchy, red or irritated skin, itchy ears or irritated eyes?
7. Do you have red/puffy/bleeding gums when you brush or floss...or have bad breath?
8. Do you smoke or take any medications (prescription or OTC)?
9. Do you have significant and persistent stress in your life?
10. Do you have persistent unexplained nasal congestion?
11. Do you have diabetes, hypertension, or high cholesterol/lipid profile?
12. Do you suffer from any other chronic disease?
13. Do you exercise fewer than 3 times per week?

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Scoring: 0-5 unlikely suspicion 5-10 moderate suspicion 11+ high suspicion



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That kind of acute (short-term) inflammation is associated with redness, swelling, heat and discomfort. When we remove the insult the body heals and the inflammation process turns off.

But what happens if the inflammatory process never turns off?

What if you're walking around with undiagnosed gum disease?

Or you have an unknown food sensitivity such as wheat/gluten or dairy?

Or you have daily exposure to a personal toxin such as a food additive, pesticide or prescription medication? Any continual blow to the body results in chronic systemic inflammation (SI).

CSI can be measured. The continual release of pro-inflammatory cytokines, the byproducts released from the activation of those lymphatic helper cells, shows up in a blood test called HsCRP (High Sensitivity C-Reactive Protein).

Symptoms of SI such as bloating, brain fog, migraine, skin irritation, joint pain or congestion show up late in the game. By the time you notice

symptoms the SI has ignited a fire in all your blood vessels and organs. Incidentally, this weakness is what allows the circulating bacteria bugs from gum disease to penetrate the blood vessel wall and form a clot which can result in a heart attack or stroke.

Based on your results, you may want to consider a spring cleanse. For at least ten days eliminate all sugar refined food (food with an ingredient list), dairy, wheat, caffeine and alcohol.

You will likely notice tremendous benefits. Then add back the food you missed most and wait three days to gauge your body's reaction before adding back another.

If there is a food culprit you WILL find it. Detecting gum disease is not that easy however. Use your spring cleanse as a time to catch up on your preventive dental and medical examinations.

One more thing... active movement for 30-40 minutes a day, as well as time to unwind and relax will help your SI. Spring is a great time to get back outdoors for rejuvenation and a brisk daily walk.

## Survey

### Office temperature affects productivity

Less than a quarter of office workers find the temperature in their office comfortable, a survey indicates, with more than a third suggesting they take at least 10 minutes out of work each day due to temperature alone.

Office temperature is often a bone of contention between staff, with some struggling to work from the heat, while others wrap up in sweaters to stave off a chill. One Poll surveyed 2,000 office workers between 18 and 60 on behalf of heating and ventilation specialists Andrews-Sykes. The aim was to gauge how temperature affects people's workday. The results point to a general sense of dissatisfaction around temperature. Only 24 percent agreed their office was an ideal temperature for working throughout the year.

The ramifications of this are larger than may be expected: 29% of people surveyed estimate they spend between 10 and 30 minutes each workday not working due to an uncomfortable office temperature. A surprising 6 percent believe they spend more than half an hour each day not working well for this reason.

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