

Common drug helps reduce gum disease pocket depth

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Patients who have had a heart attack or a stroke are recommended to take a small dose of Aspirin. This common painkiller helps the blood becoming more “fluid”, and it does not allow it to clot in excess.

Thus, the blood clots cannot block the arteries and the blood can flow normally to the heart and the brain.

A study has been published in this month’s issue of the Australian Dental Journal, according to which a low dose of daily Aspirin intake can actually help reduce the size of the dental pockets of patients struggling with periodontal disease.

In the study there have been involved 152 patients who were given a reduced amount of Aspirin every day, for a period of six months.

These patents were divided into two different groups: one group was given 75mg of Aspirin per day, while patients from the other group were given 150mg of the same medication. Both these study groups have been compared to a third group of patients made up of 146 adults who did not take a daily dose of Aspirin.

The researchers wanted to track the effect of Aspirin on periodontal disease, so they have kept on measuring at repeated intervals the “pockets” or the empty spaces that form around the tooth when gum disease is present.

These dental pockets as they are called, are actually formed because the connective fibers and tissues between the gum and the tooth itself become extremely weak.

After the measurements, researchers have noted that the dental pockets of patients who have been taking Aspirin for a longer time are on average 2.1mm deep, and the pockets of patients who were not raking Aspirin were on average 2.38mm.

It is extremely important to mention that even a very small difference in the depth of the pocket can make all the difference when you struggle with periodontal disease.

For example, a dental pocket that is between 1 and 2 mm deep is considered mild gum disease; a pocket depth between 3 and 4 mm maximum is considered moderate, while a pocket depth exceeding 5mm is already considered severe periodontal disease that is extremely difficult to treat.

The Aspirin is an anti inflammatory medication which is very useful in treating many health conditions. Past researches have shown that high doses of Aspirin can indeed help

tame periodontal disease, but researchers really wanted to see whether the medication has some effect even if taken in low doses.