

## **Fear is sending some patients TO the dentist as they seek to address dental conditions that could increase their risk of COVID-19 complications**

*Dentist looks at common dental and oral health conditions that may signal underlying medical issues*

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Rochester, Mich.—August 14, 2020—Snoring, bleeding gums and other oral health issues may be more than just a nuisance, says Dr. Jeff Haddad of Doolin Haddad Advanced Dentistry, a Rochester, Michigan, practice that focuses on cosmetic, implant and restorative dentistry. They can be indicators of more serious problems such as obesity, heart disease and diabetes that affect the overall wellness of individuals—and could make them more susceptible to COVID-19 complications.

“Dental issues have a direct connection to certain medical conditions, which can increase the severity of illness associated with COVID-19,” Dr. Haddad says. “We are seeing patients in the pandemic who have decided to be more proactive about addressing their dental needs, knowing it will result in a healthier mouth and healthier body overall—which could ultimately protect them from setbacks associated with COVID-19 symptoms.”

Dr. Haddad outlines a variety of health ailments, such as an immunocompromised state (weakened immune system), obesity, Type 2 Diabetes, COPD (chronic obstructive pulmonary disease), cancer, chronic kidney disease, and heart conditions like coronary heart disease, heart failure or cardiomyopathies that can put people—of any age—at an increased risk of difficulties should they contract COVID-19. He highlights two dental conditions, in particular, that could be warning signs for some of these larger health problems:

**1.) Bleeding gums (periodontal disease):** Swollen, sore, infected and/or bleeding gums have been linked to diabetes, heart and kidney disease, Alzheimer’s and cancer—and are confirmed medical conditions that put individuals in the high-risk group for COVID-19 complications. Caused by poor oral hygiene, infrequent dental cleanings, and old fillings breaking down, Dr. Haddad suggests not delaying regular dental visits, so your dentist can monitor if old dental work (over 10 years old) needs to be updated, or if there is a different health concern that needs to be addressed by a doctor.

**2.) Snoring and sleep apnea:** Dr. Haddad says that 70% of all snorers have sleep apnea, which is a serious sleep disorder in which breathing repeatedly stops and starts and individuals may still feel tired after a full night of sleep. [Potential health issues stemming from sleep apnea](#) include hypertension (high blood pressure), heart attacks, strokes, Type 2 diabetes and a weakened immune system due to exhaustion—and are all verified health conditions that increase the risk of complications from COVID-19.

If snoring is a problem, Dr. Haddad advises a sleep test to determine if an individual is suffering from sleep apnea and if so, set a course of action. Doolin Haddad Advanced Dentistry offers a two-night sleep monitoring device sent directly to the home, which provides the necessary information to their practice. If sleep apnea is diagnosed, the dentists can create a customized oral sleep appliance to stop the apnea, or in more serious cases, refer a patient to a sleep physician for treatment.

“COVID-19 is becoming the unfortunate wake-up call in many people’s lives to motivate them to make the necessary decisions to improve their health,” Dr. Haddad said. “Dental health directly affects overall health—and if you have older dental work or recommended treatment from your dentist, now is the time to finally address it.”

Doolin Haddad Advanced Dentistry has adopted a multitude of health and safety best practices that go beyond the new standard for patient-centered, progressive dentistry to assure patients that they do not have to postpone regular appointments during the pandemic.

***About Doolin Haddad Advanced Dentistry***

Founded in 1990, Doolin Haddad Advanced Dentistry delivers the latest advances in dentistry to their patients. Dr. Doolin is a graduate of the University of Detroit Mercy School of Dentistry, Misch International Implant Institute, the Pikos Implant Institute, and the Las Vegas Institute (LVI) for Advanced Dental Studies. Dr. Haddad is a graduate of the University of Michigan School of Dentistry and also a graduate and Fellow of LVI. Both doctors perform complex restorative and cosmetic dentistry, treat TMJ disorders and are sought after speakers on relevant topics in the advanced dentistry field. Discover Health. Discover Happiness. Discover How. DiscoverDH. To learn more, visit [www.discoverdh.com](http://www.discoverdh.com).

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