

Dear *(insert physician's name)*:

As someone who is also in the business of helping patients manage their inflammation I thought I might take a moment to share with you a recently published consensus paper on periodontitis and atherosclerotic cardiovascular disease.

This consensus paper reviews evidence for the effect of periodontal disease on the risk for atherosclerotic cardiovascular diseases and makes specific recommendations for physicians and periodontists to improve the management of their patients. This report is the result of collaboration between the American Academy of Periodontology and *The American Journal of Cardiology*. In January 2009, ten leaders in periodontology and cardiology were selected to review the pertinent evidence and develop clinical recommendations on the management of patients with periodontitis and atherosclerotic cardiovascular disease.

Periodontitis is a bacterially-induced, localized, chronic inflammatory disease that destroys connective tissue and bone that support the teeth. Periodontitis is a common disease, with mild to moderate forms affecting 30-50 percent of adults and the severe generalized form affecting 5 to 15 percent of all adults in the US. The clinical diagnosis of periodontitis can be made by periodontists, who are dentistry's experts in the treatment of oral inflammation. Untreated moderate to severe periodontitis has been associated with elevated systemic inflammatory mediators and altered endothelial function, which can be improved by appropriate periodontal treatment.

Periodontists receive three additional years of specialty training following dental school in the prevention, diagnosis, and treatment of conditions affecting the supporting structures of the teeth, including soft tissue and bone. We understand how inflammation can impact the entire body, and we are knowledgeable about how to manage a patient's oral inflammation over his or her lifetime.

I would like to offer myself as a resource for you in treating your patients with a history of periodontal disease, who have periodontitis or who may be at risk of developing chronic inflammatory diseases like cardiovascular disease and periodontal diseases. If you wish to further discuss the clinical recommendations listed in this paper please feel free to call me at *(insert phone number)*. I believe by working together we will be able to help your patients lead longer, healthier, happier lives.

Sincerely,

*(Insert name)*

*(Insert contact information)*