

Editorial

Bacteria were never our enemy

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During the history of the evolution the microorganisms have been with us coexisting in a peaceful way. The human beings are carriers of fungi, parasites, virus and bacteria which altogether represent a number higher than to number of cells of our body. Its gross weight represents between one and two kilograms of the total weight of an adult.

In the belief that the human being is saved from possible diseases, a constant battle is being fought against germs and now, the price being paid is very high. It has been calculated that a human being has about 37 trillion (millions of millions) of cells and for each one of them there are about 1.3 bacteria, that is, about 48 trillion. This is not counting the number of viruses, which is around 60 trillion. In addition, several billion of fungi and millions of mites live in the body. All in harmony.¹

So, what is the problem? And specifically, what is the problem in the oral cavity? The ancient human being, in the collector and hunter era, his diet established a sufficient biodiversity, since the food probably contained abundant germs and bacteria, which prevented the dominance of a particular bacterium. However, when sedentary societies were established, in which harvested and domesticated foods rich in starches, sugars and processed flours began to be consumed, they allowed the proliferation of bacteria capable of metabolizing these substrates, displacing the rest of the bacteria. Thus, the same evolution caused the bacterial biodiversity of the mouth and the entire gastrointestinal tract to change, becoming acidogenic in the oral cavity because the substrate obtained from the change in diet was increasingly acidic. In ancient human skulls there is a tendency to present problems of attrition and dentoalveolar trauma, while in more recent times dental health is more deteriorated.

RECOMMENDATIONS

The real key is to promote a balance between powers, making a truce between rivals is in many

occasions the best option, so here are three tools in which we can act to promote this balance of these valuable bacteria that live in the oral cavity. In the Chemistry area, encourage a contribution of calcium phosphate and fluoride for re mineralization, special toothpastes that provide these elements to the enamel, in addition, an alkaline diet, 85% raw vegetables and fruits will impact the microbiome, making it less acidic, this will also improve the quality of life of any individual, because in general the body will be more alkaline. In addition, if necessary and after a thorough examination, shock therapy will be provided if the bacterial count is very high (chlorhexidine 0.12% with the specific indications).²

In the Physical/Mechanical area, the efficient removal of the dentobacterial plaque,³ disorganization of the biofilm, under the dogma that we are not eliminating bacteria, they are only controlled so that their function is beneficial for the teeth and for the whole organism. In the Biological area, to promote the growth and the bacterial biodiversity by means of probiotics⁴ and fiber consumption as well as the decrease of fermentable carbohydrates in our diet.

So in conclusion, a new philosophy on prevention will lead to different results, where bacteria are considered as beneficial and adjuvant to oral health, where the importance is given to the Microbiome, and the future of oral and systemic health and most importantly, remember that it is not a war, but on the contrary, is a pact of alliance with the bacteria.

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