



Oral Bacteria Linked to Increased Dementia Risk

Description

Can the bacteria in your mouth help show if you might have dementia?

New studies suggest that the bacteria on your tongue and gums can affect your brain. This may change how we age and if we get dementia.

Scientists are finding connections between the bacteria in our mouths and the health of our brains.

A study I worked on included 115 adults over 50 years old. Some had healthy brains, while others showed early signs of memory problems.

We found that people with more bacteria called *Neisseria* and *Haemophilus* did better on brain tests. They had better memory and can focus better.

Eating vegetables rich in nitrates, like spinach and beetroot, can help grow good bacteria in our mouths.

But some bacteria can hurt brain health. One type, *Porphyromonas*, is linked to memory problems.

This research suggests that keeping our mouth bacteria healthy may help keep our brains healthy.

It's very important to brush your teeth, visit the dentist, and eat healthy foods.

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CATEGORY

1. Health - LEVEL1

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