

What is the Process of the Personalized Systemic Periodontal Program?

The six-month PSPP starts with 3 office visits to establish your personalized treatment plan. The remainder of the PSPP consists of the use of selected modalities and follow-up visits to meet your specific health needs.

Initial visit (#1 of 3): 90-minute medical interview

Ample time is spent to develop a working relationship with you, hear your complete health history and story, review current prescription medications and supplements, send home 4 day diet & symptom diary and make treatment recommendations if appropriate.

Second visit (#2 of 3): 60-minute physical exam plus lab determination

Assessment of conventional and nutritional physical exam parameters, receipt of 4 day diary, ordering of labwork, review of "Create Health Guidelines".

Third visit (#3 of 3): 60-minute visit to review findings and discuss personalized treatment plan

A report of overall findings (synopsis of chief complaints, physical exam findings, diet diary evaluation, lab parameters, underlying imbalances) is reviewed and the personalized treatment plan is prescribed and discussed. This typically consists of:

Lifestyle & habit change:

- Real & nutrient dense food with foods to eat, foods to avoid
- Exercise – type & amount best for you
- Stress management/emotional regulation

Natural medicines:

- Pre & probiotics
- Botanicals
- Vitamins, minerals, amino acids
- Essential fatty acids
- Medicinal mushrooms
- Botanical mouth rinse

Cleanse/Detox:

- Infrared sauna series
- Homeopathic bio-therapeutic drainage
- Food prescription

Selected modality offerings that may be suggested:

- Alpha Stim
- Bio-therapeutic drainage
- B-Vitamin Injections
- Cranial-sacral
- HeartMath biofeedback
- Infrared Sauna

Let's get started!

We can begin immediately, though ideally, to best understand our work together, we would like to start with a baseline from these conventional dental records:

- Full periodontal probing with AAP periodontal classification (within last 3 months)
- Bleeding points & recession (within last 3 months)
- Current bitewing radiographs (within last year)
- All perio probings in chart (helps to see pattern of disease progression)
- Full mouth series radiographs (most recent)

Questions? Dr. Kimball offers a free 15-minute phone or face-to-face "Meet and Greet" conversation. *This is not a consultation but rather a time to determine if the PSPP approach is right for you. We look forward to working with you.*

Research Supports the PSPP Approach

The whole system perspective in the PSPP—which Dr. Kimball initially applied 20+ years ago—is increasingly endorsed by emerging research on periodontal disease.

"Recent research demonstrates that inflammation may be responsible for the association [between periodontal disease and other diseases]. Therefore, treating inflammation may not only help manage periodontal diseases but may also help with the management of other chronic inflammatory conditions."

—American Academy of Periodontology Website, 2016
www.perio.org/consumer/other-diseases

"Simply put, today we recognize that although bacterial challenge initiates periodontal disease, how the host responds to this bacterial challenge determines whether gingivitis progresses into periodontitis. The host response can be impaired by a number of risk factors for periodontal disease, such as smoking, poorly controlled diabetes, the interleukin-1 polymorphism (genetics), obesity, stress, various medications, and any immunocompromised condition."

—Casey Hein, RDH
www.dentistryiq.com/articles/2011/08/new-perio-hein.html

"The host response is now recognized as the major contributor to periodontal tissue damage in what becomes a dysfunctional, poorly targeted and nonresolving inflammation that only serves to nourish and sustain the (oral) dysbiosis."

—Joerg Meyle, DDS and Iain Chapple, DDS
Molecular aspects of the pathogenesis of periodontitis.
Periodontol 2000. 2015 Oct; 69 (1):7-17.

Dr. Kimball has available, on request, a more extensive resource on additional research that backs the PSPP approach. Please ask!

Dr. Kimball's Personalized Systemic Periodontal Program (PSPP)

Naturopathic Services for Optimal Oral Health: Addressing Underlying Causes



**GET HEALTHIER. FEEL BETTER.
LIVE THE LIFE YOU WANT.**

Jeana Kimball, RDH, ND, MPH

4744 41st Ave SW, Suite 105
Seattle, WA 98116
(206) 937-6747

junctionnaturopathicmedicine.com



**JUNCTION
NATUROPATHIC MEDICINE**

Dr. Kimball's Experience, Education and Perspective

Merging My Three Careers

The PSPP bridges three worlds: dentistry, medicine and public health. It also weaves together my three careers.



Jeana Kimball, RDH, ND, MPH

Dental Hygiene

I was licensed as a dental hygienist in 1978 at age 20. I observed that some of the the most conscientious patients often could not stem the progression of periodontal disease. I chose to become a naturopathic physician to explore these other, systemic factors.

Naturopathic Medicine

In 1989, I completed naturopathic medical school with special commendation in counseling. After graduation – and while raising two children - I provided primary care naturopathic services in West Seattle and subsequently had a smaller practice in Puerto Rico.

Public Health/Research

To learn about determinants of health and how to engage research, I completed a Master of Public Health (MPH) in 2008. I continued my learning as a project manager and research coordinator at the University of Washington School of Medicine. At JNM we will examine your health outcomes and make discoveries that will help others.

The JNM website fills in the gaps regarding my 38 years as a healthcare provider. My commitment is to use all of my knowledge and skills in our work towards creating optimal oral and overall health for you. I look forward to working with you.

The Perio-Systemic Junction of Periodontal Disease



The Personalized Systemic Periodontal Program is a whole-system natural medicine approach designed to be delivered in conjunction with conventional dental care. It is a comprehensive, personalized treatment strategy to normalize physiological function. The PSPP simultaneously targets multiple underlying imbalances, pathways and mechanisms of the periodontitis disease process in order to help you get healthier.

In the PSPP approach, these three categories are deeply inter-related. Each influences the other. Systemic influences combine in complex, interactive ways in each individual. The specific treatment methods we will choose for you work synergistically. Dr. Kimball's Personalized Systemic Periodontal Program builds on dentistry's historic leadership in prevention by providing a personalized integrated medical plan for your optimal oral and overall health – and a healthier you.

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