



Dr Fabian Schick



# Where oral health meets systemic healing and longevity

**T**he connection between oral and systemic health is no longer theoretical—it is undeniable. The loss of the oral periodontal and peri-implant barrier has been linked to endothelial dysfunction, cardiovascular disease, altered glucose regulation, immune sensitisation, and even neuroinflammatory mechanisms associated with Alzheimer's disease. As our understanding deepens, the mouth can no longer be viewed as an isolated system. It is a central immunological gateway with profound effects on whole-body health.

In implantology, osteoimmunology has become increasingly important. Implants interact not only with bone but with the immune system itself, influencing inflammation, healing quality, and longterm tissue stability. This broader perspective urges us to look beyond mechanical stability alone and to consider biocompatibility and true bio-inertness when selecting implant materials. Metal-free zirconia ceramic implant systems demonstrate how immunologically favourable choices can reduce inflamma-

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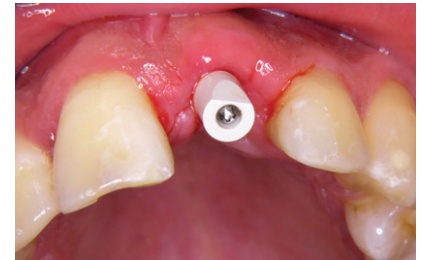
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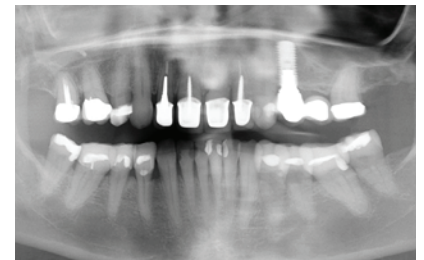
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tory burden and support healthier soft- and hard-tissue integration—all while achieving highly aesthetic, natural-looking results.

At the same time, perioperative biological optimisation has become a meaningful part of modern surgical dentistry. Supplementation protocols to support bone and connective-tissue metabolism, light and magnetic-field therapies, autologous blood concentrates, micronutrient strategies and nutrition-guided healing are no longer fringe concepts—they are evidence-supported tools to improve healing outcomes. These approaches reflect a broader movement toward health optimisation, immunological relief and longevity medicine. By reducing chronic immune stress in the oral cavity, we help reduce “inflammaging”—the persistent low-grade inflammation that accelerates biological aging and increases the risk of chronic disease.

Dentistry today is far more than mechanics, function and aesthetics. It is immunology. It is systemic health. And it holds the potential not only to restore the mouth but to meaningfully influence overall systemic health. Embracing this responsibility, both now and in the future, represents a most impactful step for our profession.

Yours sincerely  
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