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# Cistus - Blocking Viral Infections

**WHEN DEFINING** infection, we understand it to be the invasion of any type of microorganisms, such as viruses or bacteria, to name a few. Unlike complex bacteria, viruses have very simple structures. Bacteria form a group of cells with a nucleus and DNA, and due to their complex structure, they offer many fighting edges to antibacterial medicines. On the contrary, viruses don't have a cell structure and they lack a self metabolism, so to survive and reproduce, they depend fully on the cells of other organisms. Due to their simple structure and given the fact that they hoard in cells, they are much more difficult to defeat with medicines. Once they are within the cells, they take control and

exponentially reproduce, attacking new cells. A primary infection of a determined virus activates the immune system, which detects the virus or affected cells, and develops a mechanism to fight it. Once the mechanism is developed, the

organism is able to quickly detect a new attack of the same virus, in way that creates immunity against it. The almost 200 known viruses blamed for the seasonal flu, can only be transmitted within the same species; it's to say,



from humans to humans. In very rare cases there exists one that has the ability to be transmitted from one species to another; such as the swine or bird flu which have been transmitted to humans. Because it's harder for the human organism to detect and neutralize these viruses, there is a higher health risk. The most common viral infections affect the respiratory system. Especially during the winter months when the organism's temperature drops due to the cold, humidity and air currents, weakening the defense system and making infections more common. In most cases, viral infections are not difficult to treat and naturally cure themselves in 1 or 2 weeks. Although sometimes, viral infections can cause secondary bacterial infections in the airways or lungs; making antibacterial treatments necessary. The best way to fight against viral infections is to prevent them. Viruses are airborne and their microscopic particles are transmitted when infected people cough, sneeze, etc... Yet, its widespread mostly comes from physical contact with infected people or things; by touching the person's hands or grasping handles on buses, trains, doors....

### WHAT CAN BE DONE?

- Wash your hands frequently throughout the day
- When greeting, avoid shaking hands or kissing, especially if the person is infected.
- Avoid sharing drinking or eating utensils
- Strengthen you defences by eating a healthy vitamin rich diet, specially packed with vitamin C, get enough rest, and avoid alcoholic beverages and tobacco which can weaken defences
- Natural remedies such as Cistus (Cistus incanus) can also build resistance against viruses.

Cistus efficiently and physically blocks and neutralizes micro organisms such as viruses and bacteria wherever in the body they may be. It's extremely long chained polyphenols attach themselves to the viruses and wrap them up in a way that the surface structure they need to penetrate the cells is totally covered; making it impossible for the viruses to attack (adhesion) and penetrate (infection) the organism's cells. Cistus tea or pills can help protect the mouth and nasal areas before viruses attack the organism and are specially recommended when higher risks exist.

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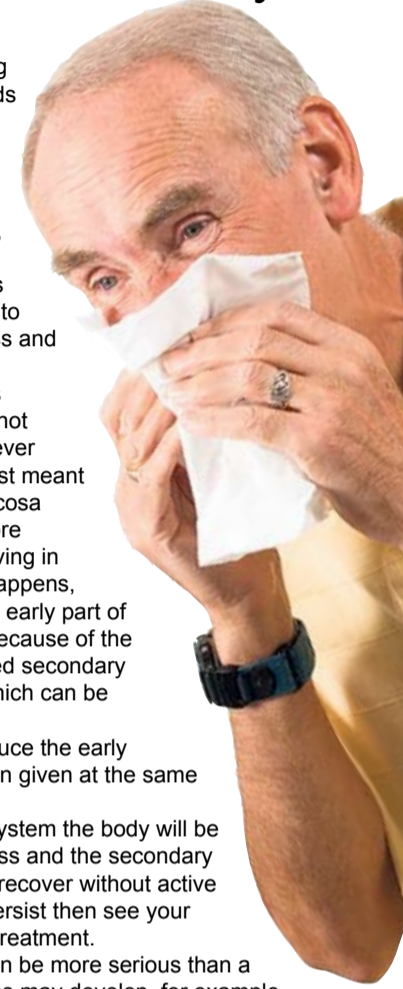
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## ASK THE SPECIALIST

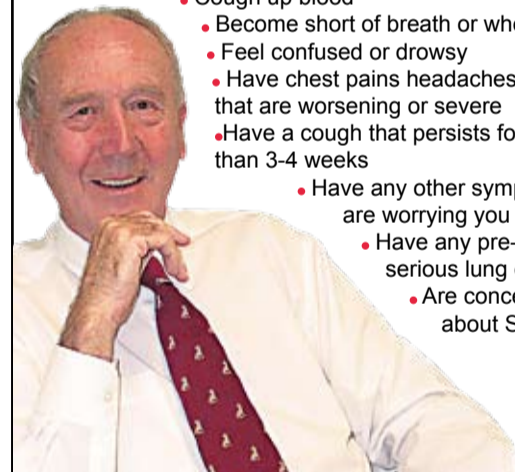
**Question:** Dear Doctor, following a recent cold I have a persistent cough which has not responded to antibiotic treatment. Why is this?

**THERE ARE MANY** things that can cause coughs, but the overwhelming causes are as a result of colds. Colds are caused by viruses. These viruses cause inflammation of the respiratory tracts, which of course, involve not only the lungs but the nose, nasopharynx, sinuses, the Eustachian tubes, the canals which lead to the middle ear cavities that lie behind the ear drum leading to blocked noses, headaches, deafness and a cough. Treating cold viruses with antibiotics does not work because viruses are not affected by these substances. However the inflammatory process itself, whilst meant to protect the highly specialized mucosa actually causes them to become more vulnerable to infection by bacteria living in the respiratory system. When this happens, the mucus, which is clear during the early part of the cold becomes yellow or green because of the resulting pus caused by this so called secondary infection. It is this part of the cold which can be effectively treated with antibiotics. In vulnerable people it is best to reduce the early inflammation with specific medication given at the same time as the antibiotics. In fit people with a strong immune system the body will be able to cope with the early viral illness and the secondary bacterial infection and the body will recover without active treatment. If signs and symptoms persist then see your Doctor for advice and if necessary, treatment. Sometimes the cause of a cough can be more serious than a simple viral infection or complications may develop, for example pneumonia.



Therefore you should see your Doctor if you:

- Cough up blood
- Become short of breath or wheezy
- Feel confused or drowsy
- Have chest pains headaches or fever that are worsening or severe
- Have a cough that persists for more than 3-4 weeks
- Have any other symptoms that are worrying you
- Have any pre-existing serious lung disease
- Are concerned about Swine Flu



Article written by **Dr Colin Evans** (MB.ChB., F.R.C.S., BDS., FDSRCS.) The English Medical Centre, Avda del Albir, 72. Edificio Primavera, Bloque 1. ALBIR, (Alicante) 966 868 013. Email: engmedopt@orange.es

# Dental Implants

## Why Are They Better?

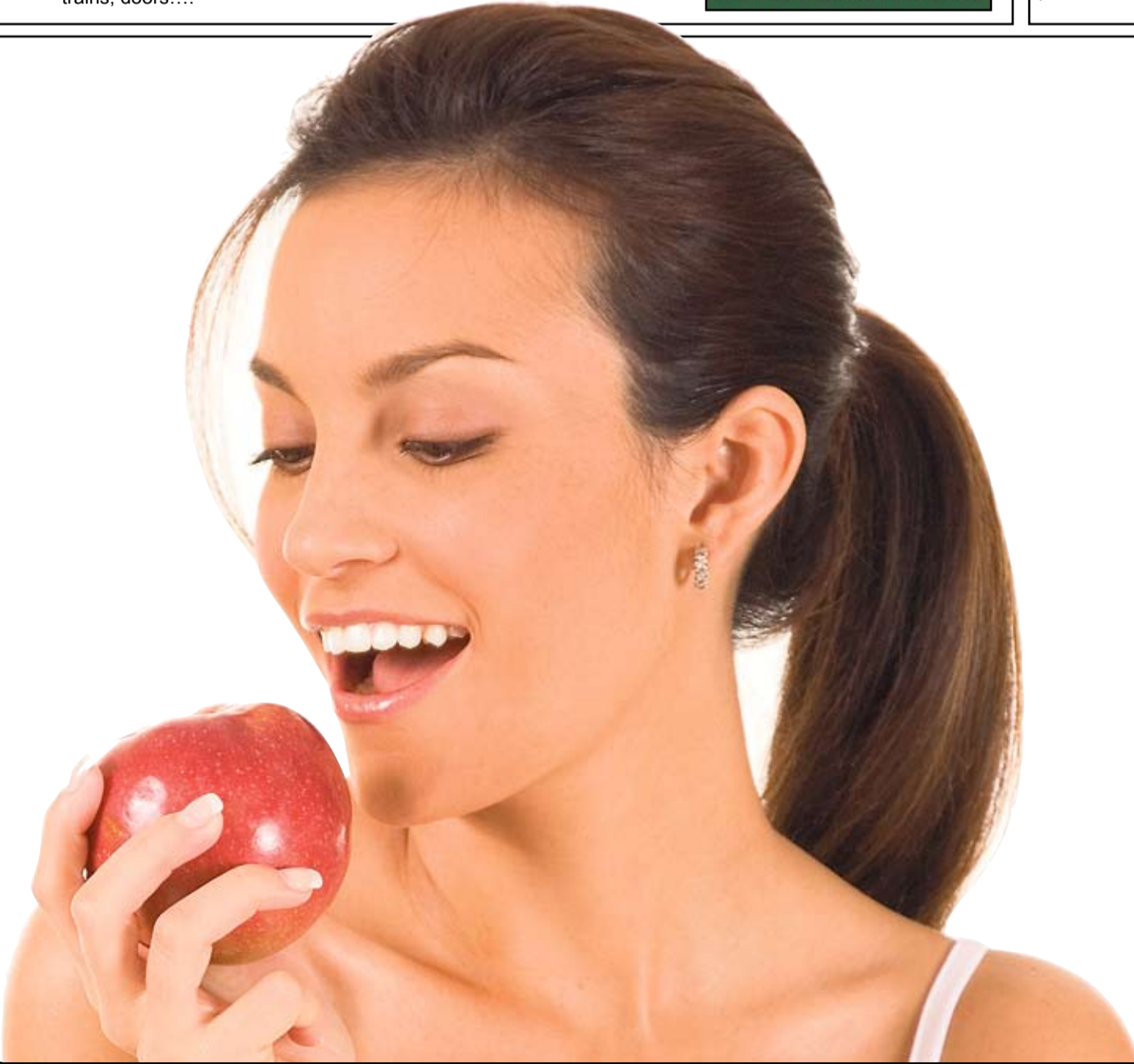
**WHEN YOU NEED TO** replace missing teeth, you want something as close to natural teeth as possible. Dental implants represent the state-of-the-art in dental technology, making it possible to restore your smile to its natural state. Dental implants are the only solution that replaces the entire missing tooth and preserves the supporting bone, making them the preferred choice over fixed bridges or removable dentures.

**WHAT IS A DENTAL IMPLANT?** The dental implants used by most dentists and dental specialists today are root-form implants. This basically means that they are replacement, or substitute tooth roots, used to replace natural tooth roots in areas of the mouth where teeth are missing. The reason it is so important to replace the tooth root and not just the visible part of the tooth (crown) is that natural tooth

roots, which are embedded in the bone, preserve the bone. When teeth are missing, the bone that previously supported those teeth melts away, or deteriorates. This process is called bone resorption. The impact of deteriorating bone from complete tooth loss includes collapsed facial profiles, lost lip support, increased wrinkles around the mouth and the appearance of a pointed nose and chin that are too close together. However, the bone can be preserved by replacing missing tooth roots with dental implants. Since the bone actually forms a strong bond to the implants, they can serve the same functions as natural tooth roots: a strong foundation for biting and chewing, and stimulation for the bone to hold it in place. Dental implants are small fixtures made of titanium, a biocompatible material that is not rejected by the body. With an overall success rate of about 95%, and over 50 years of clinical research, dental implants have the best long-term prognosis of any method of tooth replacement.



Article supplied by **DR KAREN GARDNER**, from Clinica Dental La Plaza. If you have any questions regarding this article or Dentistry in general, please call 96 646 1120 or visit website [www.clinicadentallaplaza.com](http://www.clinicadentallaplaza.com)



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