



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

SCHEDULE A VIRTUAL CONSULTATION

05 Dental Cavitations – *The Facts* –

August 2019

Dr. Al Danenberg • Nutritional Periodontist

August 5, 2019

2 Print Article



Listen to this Article

Sam Scholl

1x

Instaread

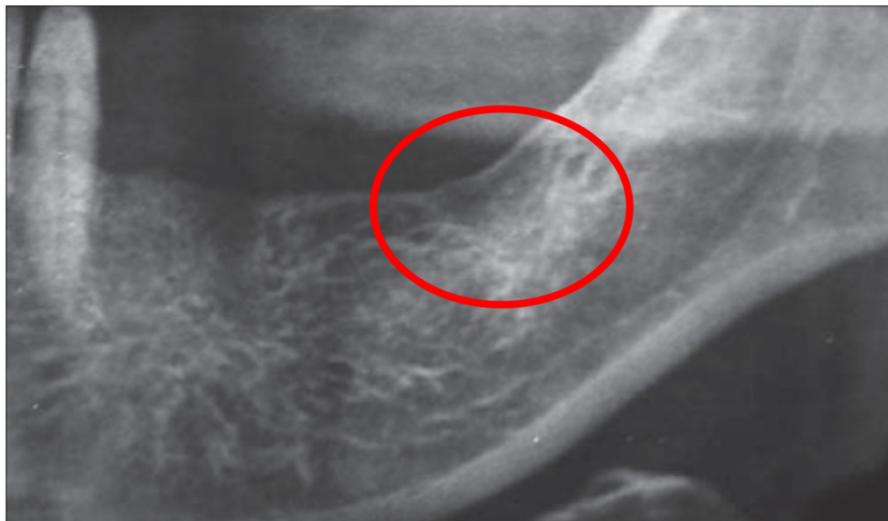


Figure 1 Cavitational Osteonecrosis in lower jaw (within red circle)

SEARCH THE SITE

RECENT BLOG POSTS

What Will it Take to Prove my Point?

August 30, 2020

Better Belly Blueprint Recipes – *Slow Cooked Osso Buco* –

August 30, 2020

Better Belly Blueprint Recipes – *Beef Short Ribs* –

August 23, 2020



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

“Cavitation” is not a medical term although it is used in dentistry.

It seems to me that many patients are being diagnosed with “dental cavitations” in their jawbone. And of course, this could lead to an expensive surgical procedure to “repair” them – sometimes critical to be done; sometimes unnecessary.

Since “cavitation” is not a recognized dental term or condition, there is much confusion revolving around its diagnosis and treatment. In my opinion, this is leading to misdiagnosis, overtreatment, and potential fraud by poorly qualified dentists and other healthcare professionals. I want to dive into this area and present some facts about “dental cavitations”.

Real Thing

The medical term for a dental cavitation is reported in the literature as “cavitation osteonecrosis” or “ischemic osteonecrosis”. It is real. It may be a hollow space surrounded by dead bone or it may be filled with various inflammatory, toxic, and infectious elements.

Most of these lesions are painless. However, if pain is caused by them, they are called “Neuralgia-Inducing Cavitation Osteonecrosis” (NICO). But these bone lesions must be diagnosed correctly. “Cavitation lesions” that are only areas of demineralization with no pathology rarely need to be treated.

Diagnosis

It is difficult or impossible to see these lesions when viewing a regular panoramic dental x-ray (See Figure 1). A panoramic x-



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

dimensional panoramic x-ray flattens the 3-dimensional human jaw into a picture that shows minimal detail. More detail is required to identify potential areas of cavitational osteonecrosis.

To see this lesion in detail, the dentist should have the patient receive a 3-dimensional picture of the jaw. This can be done with a **Cone Beam CT Scan of the jaw.**

Also the dentist must review the dental and medical history of the patient to determine the possible causes of the bone lesion before making the diagnosis.

Causes of Dental Cavitations

These lesions could be caused by a variety of insults to the bone. Here are a few of the possible causes:

- Some type of trauma to the bone causing a blockage of blood flow could cause bone cells to die thereby creating a hollow space within the bone.
- Following an improperly performed procedure to extract a tooth could leave infection or debris in the bone socket, which could result in a dry socket and eventually a dental cavitation.
- Overheating the bone during a dental procedure using cutting drills could cause bone to die leading to cavitational osteonecrosis.
- A tooth abscess penetrating into the bone and becoming isolated could cause the bone lesion.
- Continuing infection at the base of a failing endodontically treated tooth could be the culprit.

Linking Dental Cavitations to



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

in the hollow space in the bone lesion, the immune system is activated. Various biologically active chemicals are produced which can travel along nerve sheaths, through bone spaces, within lymph, and into the systemic bloodstream. These elements can affect other cells and organs in the body, creating chronic systemic inflammation, chronic diseases, and chronic pain.

It is important to realize that pain and chronic disease could occur a distance from the dental cavitation lesion. This is another reason why it may be difficult to connect the dental lesion to an area of pain and chronic disease somewhere else in the body.

Published Research

I selected a few recently published articles that discuss cavitational osteonecrosis and NICO:

In this [2010 peer-reviewed paper](#), the authors discussed 22 patients with NICO in the jawbone. They described the pathogenesis and treatment of this bone lesion for patients in this study.

In a paper published in 2012 in the [National Journal of Maxillofacial Surgery](#), the clinicians described their diagnosis and treatment for a patient, whom they diagnosed with an isolated lesion of NICO in the lower jawbone.

The authors of this [2015 study](#) evaluated 15 patients with atypical facial pain and trigeminal neuralgia. Their research suggested that the jawbone disease, known as “cavitations” and “NICO”, might be the cause of the jaw pain as a result of the inflammatory cytokines that these lesions produced.



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

experienced dental cavitations in the area where dental implants were to be inserted. The dentists described how these lesions were treated prior to placing the dental implants.

Treatment of Dental Cavitations

Treatment of cavitational osteonecrosis consists of entering the lesion and cleaning it out thoroughly. The fluid and tissues removed from the lesion should be sent to pathology to be identified. The dental surgeon may use a laser to decontaminate and debride the lesion. He or she may place a biologically active material into the lesion space to enhance bone healing.

In addition to surgically treating the bone lesion, it is important to support the patient's immune system. There should be an integrative approach including a non-inflammatory nutrient-dense diet and various spore-based probiotics to support a diverse and abundant garden of healthy microbes in the gut. Sometimes it will be necessary to determine if any toxic substances already exist in the body like heavy metals, which may need to be reduced or eliminated.

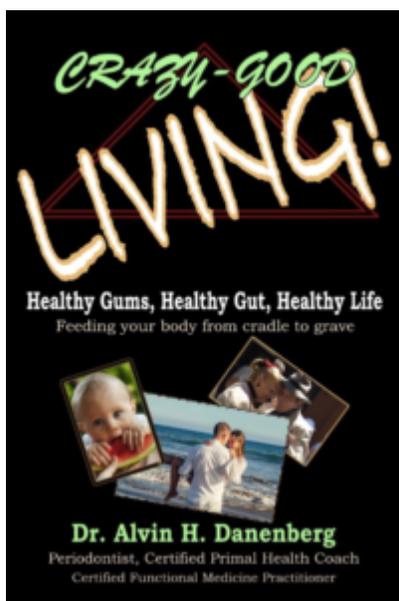
My Final Thoughts

While the medical and dental professions are not completely convinced cavitational osteonecrosis exists, the few published research papers reveal it is true. These lesions go undetected because they usually do not develop immediately after the bone insult. And most importantly, various diseases and pain can manifest in other areas of the body than the jawbone. The medical literature needs more documented cases from researchers to wake up the healthcare professionals who are the ones to treat this problem.

Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

If you don't want to miss out on new posts, sign up for my email alert list [here](#).

[Buy My Book](#)



Tags > [Cavitation osteonecrosis](#), [Dental cavitation](#), [Dr. Al Danenberg](#), [NICO](#)

3 Comments

Gerry Curatola DDS

Well done Dr. Danenberg. Too often our profession adopts a “herd mentality” refusing to accept validity of various dental conditions which they may not have learned about in dental school. This includes the toxicity of dental materials as well. Fortunately Conebeam



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

originates from Europe has always look at “stealth infections” in the mouth as a root cause for systemic disease.

Loading...

Jeri Lee

Thank you, Dr. Dannenberg. I prefer an integrative, holistic approach to health and dentistry.

Loading...

Robert Rolapp

I have several cavitations. One appears to be benign. The other two swell just slightly without pain. The teeth rise a bit and succumb to pressure when biting down. Very slight. All three teeth have been looked at with the cone beam ct scan you mentioned. But the doctor did not see any significant necrosis or find any outward evidence of infection. I have high hS-CRP and I have Reverse T3 issues. I may still have heavy metals that need to be released. I want to use Dr Chris Shade’s methods for determining my load and my ability to excrete. A side note: read Dr James DiNicolantonio article on Astaxanthin and metformin as it may assist you in your fight. I do believe including tocotrienols and NOT tocopherols. That’s based on Dr Barry Tan’s research and recent book.

Loading...



Learn my exact methods to strengthen your immune system, burn fat, and heal your gut...then schedule a free 30-minute consultation with me.

About Dr. Danenberg

Dr. Al, as his patients call him, has been a periodontist for over four decades. He divides his career into two periods: before and after the laser coupled with the dynamics of ancestral nutrition. The laser-based LANAP[®] protocol and the importance of ancestral nutrition, he believes, are revolutionizing the treatment of gum disease.... [MORE](#)

My Favorite Paleo Recipes

These represent the recipes that I make most frequently for my wife and me. Some are completely original -- while others have been adapted to meet my specific nutritional demands. All are based on my philosophy of eating nutrient-dense, anti-inflammatory foods to improve overall health as well as gum health. Bon Appetit! ... [MORE](#)

How Will a Consultation Benefit You?

- Get answers to your questions about your dental concerns that are puzzling you
- Learn simple nutritional and lifestyle changes to improve your dental health and well being
- Receive a personalized plan that you can implement immediately
- Have my 40+ years of experience as a periodontist to help guide you ... [MORE](#)

Privacy Policy | Copyright 2014-2020 Dr. Alvin Danenberg | PO Box 1048 Johns Island, SC 29457-1048

Dr. Alvin H. Danenberg is a licensed periodontist in the state of South Carolina, USA. He currently treats periodontal patients in his office located in South Carolina using evolutionary nutrition principles and LANAP (Laser Assisted New Attachment Procedure) to assist patients in creating healthy cells to help the body become as healthy as it can be. He is offering consultation services via the Internet to individuals for a fee. These consultations are based on information provided by the individual. Dr. Danenberg cannot make a diagnosis by telephone or by video. Individuals must seek periodontal services with professionals in their locations for complete diagnosis and treatment planning. These consultation services are for information and guidance only. Dr. Danenberg cannot be held liable for any outcomes not considered satisfactory by the individual for any information and/or guidance received through this consultation or future consultations. All fees received by Dr. Danenberg for consultation time are non-refundable.

Free 1-on-1 Consultation