

My Wonderful Experiences At University of Michigan

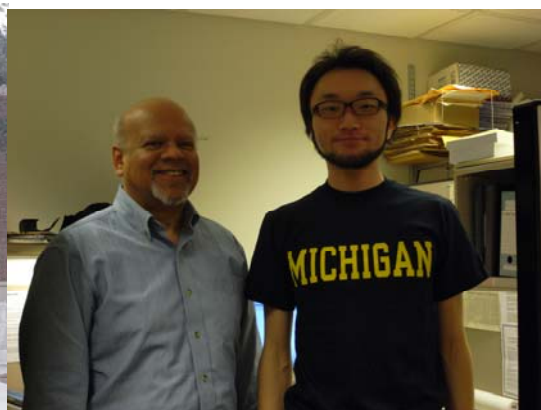
Masanori Iwasaki

From Nov. 1st 2008 through Apr. 30th 2009, I was a researcher at University of Michigan (U of M) to study about the relationship between oral health and systemic health under George W. Taylor, DMD, MPH, PhD.

Dr. Taylor is Associate Professor at the U of M in the School of Dentistry and the School of Public Health. He received his DMD degree from Harvard School of Dental Medicine and his MPH and PhD from the University of Michigan School of Public Health. His research focuses on the relationships between oral and systemic health, particularly periodontal infection and diabetes. His team's investigations use epidemiological and intervention study designs, as well as secondary data analysis of complex survey data, to investigate the bi-directional relationships between periodontal infection and glycemic control and complications of diabetes. His team also conducts health services research to study the relationship between dental care service utilization and medical care costs for insured individuals who have diabetes and other systemic diseases. His research is funded by the NIH/NIDCR, foundations, and industry. Dr. Taylor is a member of the Board of Directors of the American Association of Public Health Dentistry and the Council on Scientific Affairs of the American Dental Association.



**University of Michigan
School of Dentistry**



With George W. Taylor

At U of M, I've been learning about the relationship between systemic health and oral health. As you know, oral diseases and conditions, especially periodontal diseases, are associated with other health problems such as diabetes, kidney disease, heart disease, adverse pregnancy outcomes, respiratory infections, osteoporosis, HIV infection, and so on.

Among these systemic problems, diabetes may be one of the most serious problems. There are about 23.6 million people in the United States, or 7.8% of the population, who have diabetes. In Japan, the estimated population who have diabetes are about 7.4 million. By 2030 WHO predicts the number of diabetes patients increase to more than 366 million (Smyth and Heron, 2006).

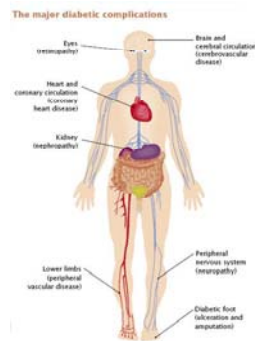
People who have diabetes frequently suffer from other systemic health problems as well.

Diabetic complications can be classified broadly as microvascular or macrovascular disease. Microvascular complications include retinopathy (vision disorders), nephropathy (kidney disease), and neuropathy (nerve damage). Macrovascular complications include heart disease, stroke and peripheral vascular disease.

I investigated the relationship of periodontal infection on not only diabetes but also diabetic complications using NHANES III data (for the multivariable cross-sectional analysis).

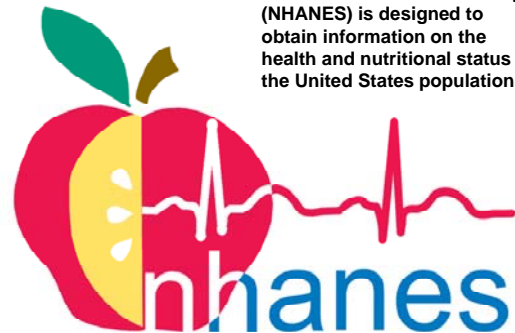
We investigate the relationship of periodontal infection on DM and complications of DM.

- Association between
 - PDz and DM
 - PDz and complications of DM
- Cardiovascular disease (heart disease, stroke and peripheral vascular disease)
- Retinopathy (vision disorders)
- Nephropathy (kidney disease)
- Neuropathy (nerve damage)



What is NHANES?

The National Health and Nutrition Examination Surveys (NHANES) is designed to obtain information on the health and nutritional status of the United States population.



In addition, I had several chances to participate in courses and conferences, and could expand my knowledge about my field.



University of Michigan School of Dentistry
 Research Day February 10th 2009

Besides learning about the association between periodontal diseases and diabetes, I had an opportunity to improve my language skills. There was a class for visiting scholars to learn how to make presentations in English, and from Nancy Kelly, who is a secretary at school of dentistry, who has had a many experiences in teaching English.



With Nancy Kelly

The whole experience during my stay at Michigan were excellent. I could learn a lot of things from Dr. Taylor and his colleagues. I'll never ever forget these great memories. I hope the relationship between Niigata University and University of Michigan will continue and grow in the future.

