



Quail Call

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“BUILDING A BETTER COMMUNITY”

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Visit your community Website — www.lsmca.com

The Quail Call is a monthly publication of the Lake San Marcos Community Association—

The Quail Call accepts advertisements from local businesses who wish to use a low-cost highly-targeted publication to reach their customers.

Email: quailcall@lsmca.com for information.

Copies of the printed Quail Call are mailed first-class to all members of the Association and includes articles of past and present activities from local clubs and organizations in addition to the advertisements.

The Community Association also publishes articles of special interest to its members in health, civic activities and learning.

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1515 Via Entrada Del Lago, 2 bed/ 2 bath lakefront condo.



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1225 Rue St. Jean, The Colony 2bed/2bath. List price of \$599,000



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Study: Mouth bacteria found in brain clots of stroke victims



Maybe you've heard of those weirdly disturbing instances where tumors removed from a patient's body have been found to contain hair and even teeth! Well, this isn't quite that strange. But it's close.

A study performed in Finland found trace amounts of mouth bacteria present in brain clots of patients who suffered strokes. The takeaway? **Good oral hygiene does more than prevent cavities. It could help to prevent a stroke.**

This was what the scientists proposed after finding DNA traces of oral bacteria in samples of blood clots that had caused strokes.

Researchers from Tampere University in Finland analyzed several clot samples from 75 people who received emergency treatment for ischemic stroke when they attended Tampere University Hospital's Acute Stroke Unit. Of the study population, 69.3% were men and 30.7% were women.

The mean age of the patients was 66.9 years. None of the patients involved in the study had been treated with antibiotics or had experienced severe infections or septicemia during the stroke.

All the patients had undergone thrombectomies. These procedures remove blood clots by means of catheters conducted through arteries. The catheters can deploy stent retrievers and aspirators to reduce or remove the clot.

When they analyzed blood clots sampled in this way, the researchers found that 79% of the samples contained DNA from common oral bacteria. Most of the bacteria were of the *Streptococcus mitis* type, which belongs to a group that scientists call viridans streptococci.

The levels of the oral bacteria were much higher in the blood clot samples than they were in other samples that surgeons took from the same patients.

The team reports the findings in a recent Journal of the American Heart Association study.

Article by: Tammy Adams



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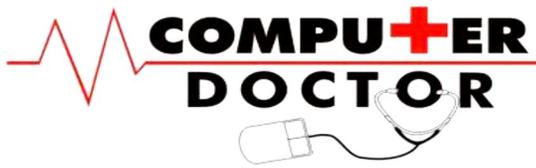
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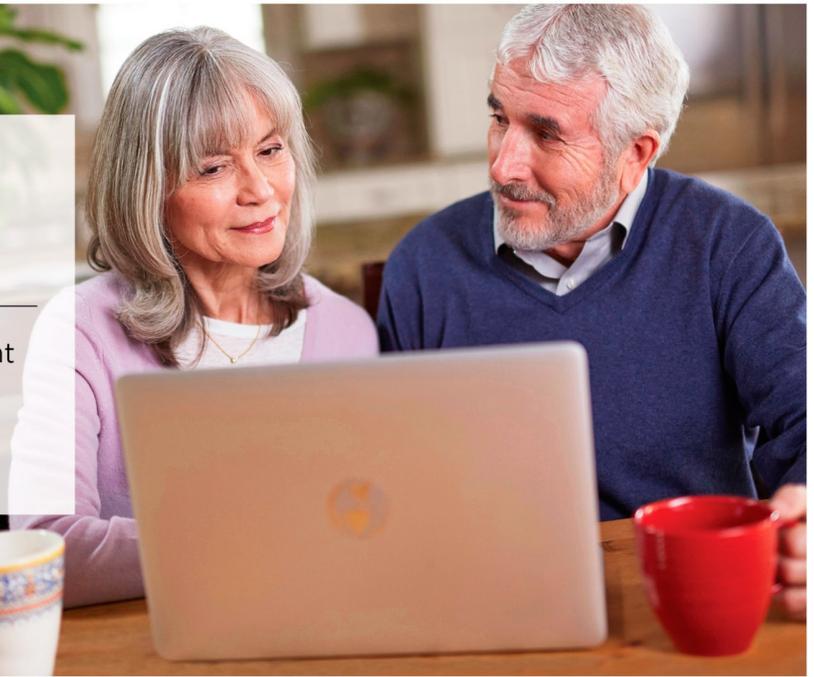
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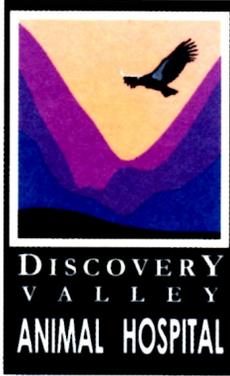
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2019 Issue 8

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AUGUST 2019

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Copy must be received by 5 PM on the 20th of the month to be published in the following month.

Bob Kreis—Editor—Dan Worrells—Associate Editor—Adela Franco—Associate Editor

This Months Editor: Adela Franco

The Lake San Marcos Community Association is a mutual benefit, non-profit corporation, established to protect and promote the interests of residents in Lake San Marcos. Our Goal: (1) To study, evaluate, inform and represent the residents in matters of regulatory control of our area with the County of San Diego... (Land Planning, Storm Drainage, Streets, Water Quality, Fire Protection), Vallecitos Water District, S. D. County Sheriff, City of San Marcos and in matters affecting the quality of life of residents with Citizens Development Corporation—"CDC". (2) To administer compliance of Architectural Controls, CC&Rs and standards under our control. (3) To publish an informative monthly newsletter, "QUAIL CALL".

The Quail Call will not publish deleterious comments or comments of a Religious or Political viewpoint or endorsement.

The Board of Directors meet monthly on the second Thursday of each month at 1:00PM.

Minutes of the Board meetings are posted in the Association office.

