



Quail Call

**Published by the Lake San Marcos Community Association
“BUILDING A BETTER COMMUNITY”**

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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 to all members of the Association and include 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.



19th Annual FLAG RETIREMENT CEREMONY

Monday, June 14th

6:30 pm ~ WALNUT GROVE PARK

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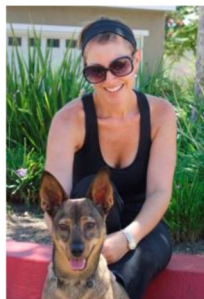
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Exercise Improves the Oral Microbiome



Exercise can improve the oral microbiomes of patients with non-alcoholic fatty liver disease (NAFLD), potentially leading to new treatment for the disease, according to the [University of Tsukuba](#).

Liver disease from metabolic and bacterial causes is a growing concern, researchers at the university said. Bacteria that causes inflammation in the mouth travel through the digestive tract to the gut and liver, where they can cause liver inflammation. Lipopolysaccharides, which are important structural molecules in some bacteria, act as endotoxins, producing systemic effects that can manifest as NAFLD. The researchers previously demonstrated that exercise benefits NAFLD patients by reducing fat, inflammation, and scarring in the liver; improving the liver's response to and clearance of the endotoxin; and reducing gum disease. "We know that exercise has innumerable benefits to health overall and for these specific conditions," said corresponding author and professor Junichi Shoda. "With this study, we sought to characterize underlying mechanisms—that is, show how exercise alters physiology and how altered physiology induces changes in oral bacteria." The researchers carried out biochemical and genetic analyses on saliva from overweight men with NAFLD and gum disease before and after 12-week exercise or diet programs. Men in both groups were able to lose fat mass, but those following dietary restrictions also lost muscle mass, whereas those following the exercise program gained muscle mass. "More importantly, we found that reductions in lactoferrin, lipopolysaccharide, and IgA concentrations were only evident in the men who followed the exercise regimen," Shoda said, "which suggested that the oral environment had been significantly altered by exercise." The samples from the exercise group also showed increased bacterial diversity and changes in the relative constituent bacterial populations. In the overall population, more bacteria expressed genes related to environmental information processing, and less bacteria expressed genes related to genetic information processing and metabolism. In fact, the researchers said, bacteria expressed fewer genes for producing lipopolysaccharides.

"Therefore, it seems that, in people with both non-alcoholic liver disease and gum disease, exercise causes a biochemical shift in the environment of the mouth that favors the survival of less harmful bacteria," Shoda said.

A greater understanding of how to reduce the population or harmful effects of certain bacteria in patients with liver and periodontal disease could potentially lead to the development of new and improved treatment strategies for these diseases and other conditions thought to be influenced by bacteria such as inflammatory bowel disease, the researchers said.

The study, "[Effects of Exercise on the Oral Microbiota and Saliva of Patients with Non-Alcoholic Fatty Liver Disease](#)," was published by the *International Journal of Environmental Research and Public Health*.



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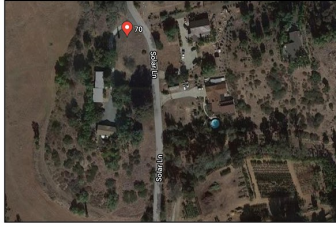




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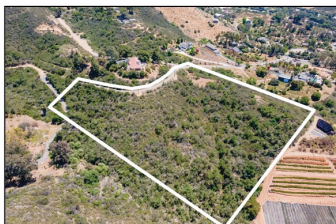
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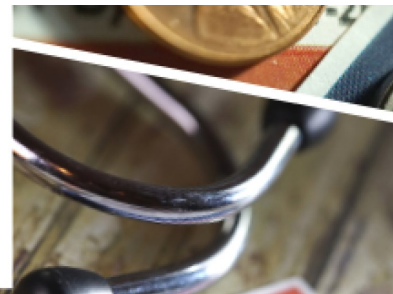
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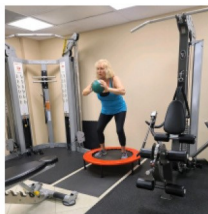
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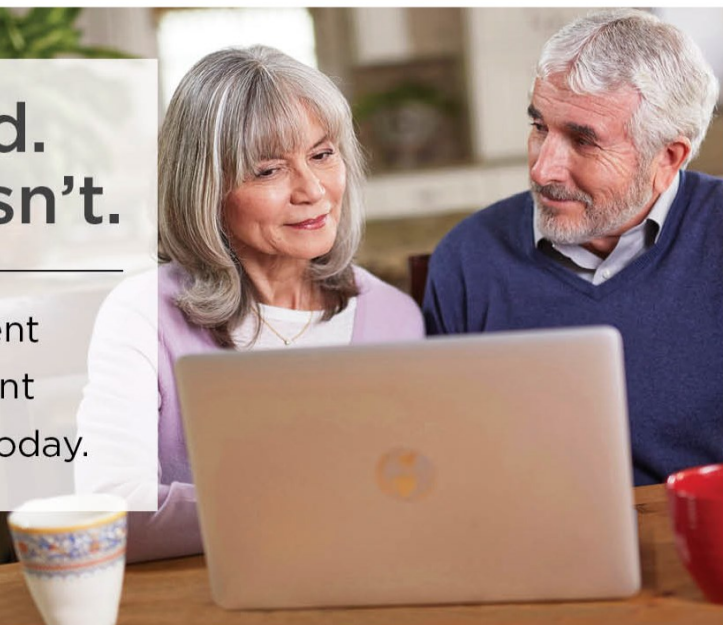
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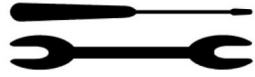
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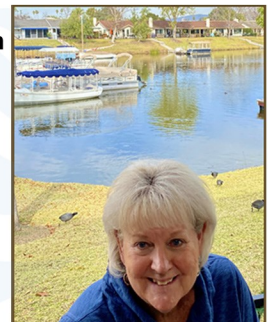
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Copy must be received by 5 PM on the 20th of the month to be published in the following month.

Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor

JUNE 2021

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, nor publish ads requesting employees for solicitation.

*The Board of Directors meet monthly on the second Thursday of each month at 3:00PM.
Minutes of the Board meetings are posted in the Association office.*

