



Tooth Talk

Garbage In, Garbage Out.

This old adage applies to more than your home computer. Your diet and oral habits play a role in keeping your teeth and gums healthy. It is back to school and back to work for many of us, and I thought it might be a good time to revisit a few topics on diet, oral habits and oral disease.

Good Food, Good Teeth:

...A balanced diet fits in with good oral hygiene and regular dental checkups to help prevent most dental disease.

To do their job and keep their environment fit, teeth crave the minerals potassium, phosphorous, vitamin D, and calcium, as well as fluoride (from sources such as fluoridated tap or bottled water). The best dietary sources for vitamin D and calcium are dairy products, such as yogurt, cheese, and milk.

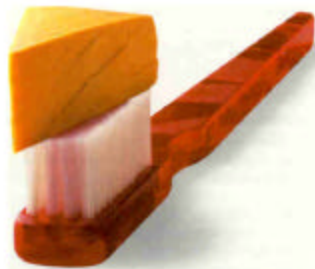
The best nondairy sources of calcium include fortified juices and cereals, leafy green vegetables, and nuts. Other nondairy sources of calcium to consider are soy foods, such as tofu and soy milk, which have been fortified with extra calcium. For potassium and phosphorous, fruits and vegetables are the best sources.

-Better Homes and Gardens, Feb 2000

Calcium, Cavities, and Fiber:

...Teeth are alive. Calcium is needed for developing teeth, but it's also needed to maintain the sockets that hold them in place. Calcium also helps prevent osteoporosis, which

can weaken the jawbone and the roots of your teeth. You can't overestimate the importance of keeping up with your calcium needs – about 1200 mg/day for adults, or the amount in 2 cups skim milk, a bowl of fortified cereal, and 2 cups of leafy green veggies.



**CHEESE
PUTS
THE BITE
ON CAVITIES**

Dairy Bureau of Canada

Cavities can happen at any age, but there are some things you can do with your daily diet to help protect your teeth. Eat sugary, starchy, sticky, or acidic foods with lower-acid foods, such as dairy products. This will neutralize the acids and slow the cavity-causing process. High-fiber foods, such as celery, mangoes and winter squashes, act as Mother Nature's dental floss. They help keep the surfaces of your teeth clean while you eat. Add a serving or two of these foods to your daily menu. However, be sure to brush and use real dental floss after eating these foods to catch and remove any stray fibers – otherwise they can actually increase decay risk.

- Better Homes and Gardens Feb 2000

Winning the Battle Against Tooth Decay:

All forms of sugars have the potential to produce cavities. This even includes honey and "natural" sugars in foods sweetened with concentrated fruit juice. Carbohydrates, whether from dried fruits or starches such as cereals, are essential to a healthy diet but they can pose problems if they cling to your teeth for too long.

It's not just sweet-tasting foods such as soft drinks and candies that contribute to dental decay. Although starchy foods like crackers and potato chips don't taste sweet, they contain carbohydrates that can also put a dent in your smile. Fortunately, you can prevent cavities by following a few easy recommendations:

- 1 The longer that sugars and other carbs are in contact with your teeth, the greater the risk of damage. So, brush your teeth with fluoride toothpaste after each meal and before bedtime, don't rinse your mouth (eat or drink for at least 30 mins after brushing – to keep the fluoride on and penetrating into your teeth), and floss at least once/day.
- 2 The more often you eat sweets, particularly between meals, the more likely they are to affect your teeth. So eat a wide variety of foods from the basic food groups and eat sweets in moderation, preferably with a meal.
- 3 When snacking, favour "tooth-friendly" foods such as milk, fresh fruit, raw vegetables, nuts, sugarless gum, sugarless candy and especially cheese. Cheeses such as Cheddar, Swiss, Blue, Monterey Jack, Mozzarella, Brie and Gouda contain

calcium, protein, fat and phosphorous, all of which protect teeth from acids and help them stay strong.

As well, eating cheese stimulates the production of saliva, which helps to dilute and clear away sugars. Saliva also aids in neutralizing acids and remineralizing teeth.

- 4 If you snack on something sweet, do something to lessen the effect of the sugars in your mouth:
 - Eat a piece of cheese with your muffin.
 - Have milk when you munch on cookies, granola bars or cereals.
 - Combine nuts with dried fruit.
- 5 Visit your dentist regularly.

-Dairy Bureau of Canada

Pierced Tongue Leads to Brain Infection:

A young Connecticut woman who had her tongue pierced wound up with a brain infection that required surgical intervention and six weeks' hospitalization.

"The bacteria that caused the abscess in this patient were those typically found in a person's mouth," said Dr. Richard Martinello, an infectious-disease specialist at Yale.



The woman, in her early 20's, reported that, two to three days after her tongue was pierced, it became swollen

and tender and had a foul-tasting discharge. She removed the tongue jewelry but a month later, began suffering from severe headaches, fever, nausea, vomiting and loss of balance. A CAT scan showed an abnormality in her brain at the cerebellum. Such abscesses are typically caused by infections that migrate from the sinuses and ears into the brain. Yale surgeons drained the abscess. The

woman underwent six weeks of intravenous antibiotic treatment and made a full recovery. The case should serve as a stark warning to anyone who is thinking of getting a body piercing.

The tongue is teeming with bacteria that grow quickly in the mouth's warm, moist environment, says Dr. George Sweetnam, president of the Canadian Dental Association. While the tissue around an extracted wisdom tooth will completely heal over time, the skin around a tongue piercing will not.

"With a tongue piercing, you've got a tube right through the tongue and a sort of skin forms over it, but it's not a good covering," Dr. Sweetnam explains. "Anything that can twist the (appliance) or move it, can rupture the skin. That's why there could be an opening later on, at any time. So why take the risk?"

However, although the risk of infection from tongue piercing would seem quite high, it is actually fairly low. Most of the problems CDA members confront when dealing with such piercings are chipped teeth and receding gums.

Piercing Perils

- ◆ Blocked airway
- ◆ Swallowing the stud
- ◆ Blood poisoning
- ◆ Toxic shock syndrome
- ◆ Allergic reactions
- ◆ Cracked teeth
- ◆ Cysts
- ◆ Nerve damage
- ◆ Speech impediments
- ◆ Receding gums

The CDA has not taken an official stand against body piercing. It is advised, however, that people who decide to have their tongue pierced should ensure that the tongue-piercing parlor uses proper sterilization techniques. CDA also recommends that pierced tongues be cleaned regularly.

-this is an excerpt of an article that appeared in the National Post 14/12/01, the Toronto Star 18/01/02, Canadian Press 20/01/02.

From the Dentist

We would like to take this opportunity to thank all of our patients for their patience and understanding as we do some rescheduling of appointments to accommodate the newest addition to our dental health team.

Roxanne Mick has joined our practice as our hygienist and brings with her many years of experience in the preventative dental health care field. She meets and exceeds the criteria to be considered our gum disease prevention specialist!

Roxanne is returning to work from maternity leave after becoming a mother for the second time.



Roxanne's technique and chairside manner have been described by many of our patients, this early in her time with us, as "extraordinary." We certainly think she is a significant addition to our team and we know you will agree, when you have a chance to visit with her at your next checkup.

Thanks again for your understanding. We look forward to seeing you in the near future.

Dr. Darren Buschel

For the Office of Dr. Darren Buschel

Office Hours

Tuesday 8:30am – 5:30pm
Wednesday 8:30am – 5:30pm
Thursday 10:00am – 7:00pm
Friday 8:30am – 5:30pm

Location

Springfield Dental Centre
2149 Springfield Rd.
(across from Wal-Mart)

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