

OPEN WIDE



A newsletter for patients and friends of Dr Roman Lohyn and staff; sharing a commitment to preventative dentistry and the achievement of wellness



LOOK OUT FOR HIDDEN SUGARS

When it comes to foods that are high in sugar content, sweets, cakes and soft drinks would be high on the list, but there are other sources not quite as well known. Carbohydrates found in certain every day foods such as breads, pizza, dry biscuits and potato chips quickly break down into sugar and, as far as the mouth is concerned, can have an impact similar to sugary treats.

There are also apparently nutritious foods that can harm teeth in ways that might surprise some snackers. Popular "healthy" lunchbox snacks for children such as sultanas and dried fruits and popular health bars spend more time around teeth because they are sticky and are not easily cleared by the saliva. The natural sugars in these foods can be just as damaging to teeth as sticky lollies if consumed frequently.

How can I avoid hidden sugars in my family's diet?

1. Read food labels on snack packages. Limit ingredients such as molasses and syrups, as well as ingredients with names like fructose, sucrose and glucose—all forms of sugar. For every 100grams/mls on a label, sugar quantities should be less than 10 percent.

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2. Avoid snack foods that stick in the grooves and around teeth such as: potato chips, dry biscuits, dried fruit, muesli bars, fruit bars and roll-ups.

3. Choose foods high in protein, lower in sugar such as: cheese, eggs, meats, plain nuts, peanut butter-filled celery, fresh fruits and vegetables, plain milk, plain yogurt, and popcorn. Fruits and vegetables that contain a high volume of water including pears, celery and cucumbers make great choices and help rinse natural sugars away from enamel surfaces.

Sugar Quiz

Can you guess how much sugar is in these foods?

- a) Soft Drink (375 ml)
- b) Lollies (50g)
- c) Chocolate bar (50g)
- d) Doughnut
- e) Fruit Juice (250 ml)
- f) Sweet Biscuit (1)
- g) Roll-ups
- h) Muesli Bars (31g)

You can find the answers on the back page.



LOOKING AFTER YOUR GUMS IS GOOD FOR YOUR HEALTH

The health of your gums and the bone that supports your teeth is vital for long term oral health. Gum disease is a very common condition that affects most people at some stage of their life. It is most often caused by the build up of bacteria around the gum line and between the teeth. A common symptom of gum disease is bleeding gums, which can usually be reversed by careful cleaning and thorough brushing and flossing.

If gum disease is allowed to progress however, bacteria can start to destroy the tissues and bone below the gum line that are responsible for supporting your teeth. As the disease destroys these structures, spaces form between the tooth and the gum as the bone is lost. These spaces are called 'periodontal pockets'. Further signs of advancing gum disease include bleeding, swelling and receding gums together with bad breath and loosening teeth.

These general diseases and health conditions have also been linked to the bacteria involved in gum disease:

Diabetes

Diabetes increases your risk of gum disease, cavities, tooth loss, dry mouth, and a variety of oral infections. On the other hand, poor oral health can make your diabetes more difficult to control. Infections may cause your blood sugar to rise and require more insulin to keep it under control.

Pregnancy and birth

Gum disease has been linked to premature birth. Some research has shown that disease-causing organisms in a pregnant woman's mouth can wind up in the placenta or amniotic fluid, possibly causing premature birth. It is important to ensure you have good oral hygiene before you become pregnant.

Cardiovascular disease

There is growing evidence that some types of cardiovascular disease may be linked to oral health. Including heart disease, clogged arteries and stroke. Some researchers believe that bacteria from gum disease can enter your bloodstream and travel through your arteries to your heart, affecting your cardiovascular system.

Prevent gum disease – what you can do

- Practise good oral hygiene; brush twice a day and floss daily to remove the bacteria that cause gum disease from every tooth surface.
- Eat a balanced diet, including fresh fruits and vegetables and limit foods high in carbohydrate.
- Have regular dental visits to monitor any changes to your gums and tell us about medical conditions and any medication you are taking so we can advise you if you are at risk.



Progression of gum disease



LATEST DENTAL NEWS

Study shows smoking is a major cause of gum disease

Almost a third of the more than two million cases of gum disease among Australians are caused by smoking, according to research by University of Adelaide researchers in the Australian Research Centre for Population Oral Health.

The study, led by Research Fellow Dr Loc Do, is the first of its kind in Australia showing the significant impact of smoking on oral health in the population.

"Gum disease is one of the most prevalent forms of oral disease," says Research Fellow Dr Do. "Along with dental caries, it's the main cause of tooth loss in the Australian population."

"There are over two million cases of gum disease in Australian adults, but our study found that up to 700,000 of these, or 32%, could be prevented by not smoking."

The effect of smoking on gums was due to reduced anti-inflammatory agents in the blood vessels of the gums, restriction in the blood supply to the gum tissue, and more virulent bacteria, Dr Do says.

For more information about quitting smoking www.quit.org.au

Source: www.ada.org.au



A word to the wise:
Treating without preventing is like chasing without catching.

ANIMAL BITES

Did you know?

- Like all birds, owls have no teeth to chew their food. Their prey is usually swallowed whole, or in large chunks. In the stomach, the indigestible bones, fur and insect exoskeletons are formed into oval-shaped masses, called pellets which are later regurgitated.
- Mosquitoes have four knife-like tools of serrated teeth that surround a pair of fine tubes — one for dripping a pain suppressor and one for sucking blood. A common mosquito stabs the skin with her sharp snout and saws in with her four knife tools to draw blood. She shoots in saliva laced with anaesthetic (to escape notice) and an anticoagulant (to keep blood flowing). Then she sucks blood.

AUSTRALIAN ORAL HEALTH FACTS

- More than 40,000 Australians a year are hospitalised for preventable dental conditions.
 - Almost half of Australia's 6 year-olds have cavities in their baby teeth.
 - 25% of Australian adults have untreated dental decay.
 - 20% of Australian adults have moderate or severe cases of the gum disease periodontitis.
 - The current cost of treating dental disease in Australia is \$5.1 billion a year.
- Source: <http://www.crcoralhealthscience.org.au/>

LAUGHTER STATS

1. The average pre-schooler laughs or smiles 400 times a day. The number drops to only 15 times a day by the time people reach age 35.
2. People smile only 35 percent as much as they think they do.
3. Laughter releases endorphins, a chemical 10 times more powerful than the pain-relieving drug morphine, into the body with the same exhilarating effect as doing strenuous exercise.
4. Every time you have a good hearty laugh, you burn up 3.5 calories.
5. Laughing increases oxygen intake, thereby replenishing and invigorating cells. It also increases the pain threshold, boosts immunity, and relieves stress.

Source: www.moorepeak.com

PRACTICE NEWS

Roman recently attended three professional development courses:

- FDI World Dental Federation Annual Conference in Dubai to update on the latest worldwide research and innovation in dentistry
- CEREC seminar in Auckland to update on developments in creating custom made tooth restorations
- ITI implants annual conference in Sydney to learn the latest techniques in replacing missing teeth.
- and coming up in October, a 2 day conference on "The worn dentition"

To discuss all the latest in dental innovations, talk to Dr Lohyn next time you visit.



EASY APPLE MUFFINS

Olive or canola oil spray
1 large apple, Granny Smith or Golden Delicious
3 tablespoons of sultanas
A pinch of cinnamon
2 tablespoons honey
1.5 tablespoons of polyunsaturated oil
1/2 cup low-fat milk
1 cup wholemeal self raising flour
1/2 cup white self raising flour

Prepare muffin tray with spray of oil and preheat oven to 200 C.

Peel, core and dice apples. Place apple in a bowl with sultanas, cinnamon, honey oil and milk. Gently mix to dilute honey.

Place the two types of flour in a large bowl. Pour the apple and liquid mixture onto the flour and, using a wooden spoon, stir until just combined. It is important not to over mix.

Spoon mixture into muffin tins and bake in preheated oven for 15-20 minutes. When cooked, turn muffins in to a wire rack. Muffins are best served warm.

Source: Gabriel Gaté Good Food Fast

NB. While this is a delicious recipe and healthier than most processed snacks, it is important to remember that anything sweet, including natural sweeteners such as honey, have the potential to increase acidity and result in decay if they are left on the teeth. You will also note from the front page article that sultanas can stick to the teeth as well, so please,...wherever possible brush after eating so that the teeth are left clean.

ROMAN'S JOKE

The Magician and the Parrot

There was a magician on a cruise ship, and he was really good.

He was performing the highlight of his show when a parrot walked onstage and squawked, "It's in his sleeve!"

The magician chased the bird away.

The next day the magician was performing his highlight again (in front of a smaller audience) when the parrot walked onstage and declared, "It's in his pocket!"

The next day, as he was performing the highlight, he saw the parrot in the crowd. But before the parrot could ruin the magic trick, the boat crashed into a rock and sank.

The magician was lucky enough to find a board to hang on to. On the other end of the board was the parrot.

They stared at each other for three full days, neither of them saying anything, when suddenly the parrot said, "I give up, what'd you do with the ship?"

To make an appointment with Dr. Roman Lohyn, please contact Optimal Dental via; Kurrajong House, 175 Collins Street Melbourne, Victoria 3000

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Our office is attended Monday to Friday from 8:30am to 5:30pm

Sugar Quiz Answers:

- a) 9 teaspoons, b) 8 teaspoons,
- c) 7 teaspoons, d) 6 teaspoons
- e) 4 teaspoons, f) 3 teaspoons
- g) 1-3 teaspoons, h) 1.5 teaspoons

NB. Approximate measures only