

◆ Fill In ◆

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Tongue Cleaning Important for Oral Health

The tongue is the second most common cause of halitosis. Bacteria flourish among the tiny projections that are on the tongue. These projections are called papillae. They are important for us to distinguish different tastes—sweet, sour, salty and bitter.

Tongue coatings protect bacteria from many sources. These coatings are produced from thick food substances left behind after swallowing. Foods like milk, thick juices, creamy foods, sauces, even stain-causing foods like coffee and tea leave behind substances that lodge in the papillae and cover the bacteria, allowing them to grow undisturbed so that they can produce sulphur compounds that cause bad breath.

Tongue scrapers are a relatively new instrument to help patients maintain long term dental health. They come in various shapes and sizes. There are two basic shapes: a U shape and a T shape. The U shape can be bent to fit the width of the tongue. The T shape scrapers are more convex and fit into the concavity of the tongue.

Total bacteria count on the top of the tongue can be reduced by as much as 50% after only one day of tongue scraping in comparison to one week of tongue brushing. This is important for reducing root cavities in patients over 55, because the tongue serves as a refuge for the bacteria that can cause cavities and gum disease.

After the coatings and bacteria are removed the papillae are able to function better. This enables us to taste our food better.

“Easy Quit” Helps Smokers

We all know the reasons to quit smoking: poor healing after surgery, stained teeth, bad breath, irritation to gums, and mouth cancer. But many people continue to smoke. The most important ingredient to quit smoking is a commitment on the part of the smoker. Then it is up to those who associate with them. Support of family and friends can make the difference. According a 1992 EPA study second hand smoke will cause 3,000 lung cancer deaths each year plus it will contribute to 30,000 cases of asthma in children.

Easy Quit is a nutritional program designed to help the smoker quit in 7 days. It does not replace the nicotine but helps to rid the body of nicotine. It consists of 5 parts.

Part 1 Nutritional Support gives a person the nutritional support necessary to handle the daily stresses sometimes associated with withdrawal, when a decision has been made to stop smoking.

Part 2 Nutritional Support Cleanser helps to assist the body's normal process in eliminating impurities. In one week or less, with proper usage, a smoker can feel the way they did before they ever smoked their first cigarette.

Part 3 Nutritional Support Maintenance can be used if necessary after completion of One and Two for additional support.

Part 4 Aroma Support is used

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Chewing Your Way to Fewer Cavities

Young gum chewers now have a new weapon to fight cavities called xylitol gum. According to a recent study published in the Journal of Dental Research, children who chew sugar-free gum sweetened predominantly with xylitol were two times less likely to develop cavities than those who chewed sorbitol sweetened sugar-free gum, and almost four times less likely than those who did not chew gum.

The 40-month double blind cohort study—partially funded by Leaf, Inc.—was conducted by the University of Michigan School of Dentistry and its professor of dentistry Kauko Makinen, PhD, who enrolled more than 1,200 children in Belize, Central America. Sorbitol is the typical bulk sweetener used in most sugar-free gums available in the United States. The only gum available in America featuring 100 percent xylitol—a natural sweetener found in many plants—is XyliFresh 100 Sugar Free Gum.

Tooth Loss + Poor Diet = Disease

A new study published in the “Journal of the American Dental Association” suggests that tooth loss may have an adverse effect on diet, thereby increasing one’s risk of developing cancer and cardiovascular disease. Subjects of the Harvard School of Dental Medicine and Public Health study who had full or partial dentures tended to eat more processed foods containing higher levels of cholesterol and saturated fat and lower levels of fiber and carotene, which heightens one’s risk of acquiring cancer and cardiovascular disease. Subjects with more teeth generally consumed less calories, cholesterol and saturated fat, and more vegetables, fiber and carotene. One theory suggests that people who have lost teeth may eat more to compensate for loss of taste or their inability to eat a variety of foods.

HAPPY NEW YEAR!!

(Quit)

when cravings, urges or the desire to smoke occurs. Repeatedly massaging this pleasant aroma on select areas replaces the repetitive motions of bringing the hand to the face, as if one were smoking.

The fifth step is an audio cassette to provide motivation and relaxation.

No Popcorn Please

A new relaxation technique has been introduced in our office. We now have a system called Virtual I/O. You can watch a relaxation video tape during your dental treatment.

The video tapes are viewed through a pair of glasses that contain a small monitor. The ear phones partially block the sound of the drill much as the audio tapes have done in the past.

The tapes may be used as a form of hypnosis allowing you to mentally drift to another dimension while Dr. Silvers restores your teeth.

We have a selection of tapes to choose from or you may bring your own, but no popcorn please.

Warren D. Silvers DMD MAGD
611 N 67th St.
Harrisburg, PA 17111

(717)-564-1681