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ADVANCED SMILE DESIGN

ORAL HEALTH CAN OFFER CLUES TO YOUR OVERALL HEALTH.

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A GLEAMING WHITE SMILE IS A SIGN OF A HEALTHY MOUTH, OR IS IT?

The overall health of a person's mouth and how shiny and white their teeth are is unrelated. People who whiten their teeth with over the counter whiteners may develop a false sense of security. Whiteners do not protect against cavities or gum disease. Keep those regular dental checkups to ensure minor problems don't become major issues.

ORAL HEALTH IN AMERICA: SUMMARY OF THE SURGEON'S GENERAL REPORT

The Center for Disease Control (CDC) reports only 69.3% of Oregon's adults between the ages of 18-54; and 73.1% 55+ years of age visited a dentist in the last year.

Did you know that oral health can offer clues to your overall health?

More studies are showing that early signs of some diseases can be found in the mouth. For instance; tooth loss before the age of 35 may be a risk factor for Alzheimer's disease. Heart disease and stroke may be linked to oral bacteria, possibly due to chronic inflammation from periodontitis?

If you are amongst those who visited your dentist and keeps regular appointments for cleanings and preventative dentistry, give yourself a pat on the back; you're ahead of the game and on top of your health!



According to the Oregon Health Authority "The majority of Oregonians – young or old, male or female, rich or poor – suffer from oral disease. Left untreated, oral disease causes pain, lowers productivity and increases our risk for other health diseases".

PREVENTION IS ALWAYS BETTER THAN THE CURE

- Brush and floss twice a day.
- Eat nutritious and balanced foods.
- Avoid sticky foods which can remain on the tooth surface. If sticky foods are eaten brush as soon as possible.
- Get regular check-ups and cleanings. Every six months is ideal.
- Replace your tooth brush every three to four months.