



Featured

# The Key to Better Health: Your Teeth

You've decided to turn over a new leaf: From now on, you're going to eat right, exercise regularly, get enough sleep, and have quality time for you! Yes, this is the year you're going to make yourself over into a glowing picture of health.

It's a noble goal, and one we can all achieve if we approach it sensibly. But are you forgetting anything?

What about including these simple tools in your plan: A

toothbrush, some dental floss and regular dental appointments.

It might surprise you hear that skimping on dental care now could damage your overall health and cost you a lot more time and money later on. According to one study, researchers found they could predict a person's vulnerability to heart disease just by looking at their oral health. The presence of disorders such as cavities, missing teeth or diseased gums was as effective in predicting a patient's risk for heart troubles as blood tests or cholesterol levels.



Researchers are finding more and more links between oral health - or lack of it - and other health problems. Most notable is the link between gum disease (periodontitis) and heart disease of various kinds. The bacteria and resulting inflammation

responsible for diseased gums may, by travelling through the bloodstream, contribute to build-up of cardiovascular plaques or blood clots in the coronary arteries, thus increasing the risk of heart attack or stroke. Other chronic inflammatory diseases such as arthritis and also diabetes and Alzheimer's disease are increasingly being associated with periodontal disease. Periodontal disease has now been called a complication of diabetes however the jury is still out on what comes first - the diabetes or the gum disease.

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## Why would you want to read about teeth?

*I've been asked by many patients about how your mouth affects your whole body—from gum disease increasing your risk of dementia, to how the bacteria in your mouth can harm the walls of your heart. It turns out your mouth really is the gateway to your body and its health determines how healthy the rest of you is.*

*We have gathered a few topics that may interest you. Not boring stuff on how to brush and floss your teeth but stuff that can actually help keep you healthy and may even save you from losing your mind later in life!*

Enjoy

*Dr Simon Franks*





> continued from The Key to Better Health...

When you consider the potential cost of these major problems, not the least of which could be loss of life, proper dental care looks like a mighty good investment. Many dentists and periodontists recommend twice-yearly exams and check-ups, along with daily self-care including brushing and flossing. Be sure to consult with your dentist or hygienist to determine an optimum schedule for you.

And what about the positive effects of good oral hygiene on your health? Here's one result you can see immediately - your smile! Aside from the confidence you get from a bright smile, did you know that smiling can actually lower the blood pressure, while releasing endorphins; those natural, feel-good molecules that relieve pain and increase our sense of well-being? With good dental care your teeth can stay clean and strong and your gums healthy for many years, and many more smiles, to come!

**Profile**

**Jenna Rogers**

Jenna joined us in June as our Oral Health Therapist. Jenna was Simon's very first dental assistant. After being inspired by the aid work Simon was doing in Vietnam, Jenna followed in 2006 & spent a month treating children. On return she was



determined to go back to University to upgrade her qualification. Jenna brings a preventive approach to our practice & patients are saying she is "very thorough, gentle & takes time to show you how to keep your teeth & gums healthy." Her aim is to find any issues before they cause a problem as prevention is far better than cure!

**Bite Community**

**Pete Law's Ride for Diabetes**

Meet our client Pete Law—he's a member of the Lifecycle cycling group who've joined the Diabetes Australia (QLD) Green Team. Pete will be cycling 100km from Brisbane to the GC to raise awareness & funds.



Encourage him with a donation—its raises vital funds to help sick kids living with type 1 diabetes. The donation process is simple, safe & fast. Visit: [https://secure2.everydayhero.com.au/donations/new?hero\\_page\\_url=lifecycle\\_wombles](https://secure2.everydayhero.com.au/donations/new?hero_page_url=lifecycle_wombles) Select Law, Peter as the 'team member'

Bite celebrates community & everyday heroes. Let us know if you have a cause you'd like us to shout about.

**Handy Hint**

**Should you buy an expensive toothbrush?**



*If you've just splashed out on an expensive toothbrush you may not be impressed to know that a recent study found that if correctly used, your boring old faithful brush, is as good as the most expensive electric brush! The two most important things to look for are that it has soft bristles & a small head. They're hard to find but the best one out is the Colgate Precision Compact brush at under \$4—if you can't find it, grab one at your next appointment to keep your teeth sparkling clean.*

**BIG SAVINGS ON BIG SMILES** **SAVE \$275**

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\*for appointments made up to the end of October 2011

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