



Bite

Word of mouth

2 OCT 2011

Featured

Gum Specialists and Heart Docs team up

Data provided by the Australian Bureau of Statistics showed that cardiovascular disease accounted for 36% of all deaths in 2004, making it one of the leading causes of death in Australia.

Armed with this knowledge, heart specialists have joined forces with dentists and gum specialists (periodontists), in what at first glance seems to be an unlikely pairing. So what's the connection?

Researchers have known for over a decade that a link exists between diseased gums and cardiovascular problems, as well as other health issues. Studies show that inflammation in one organ of the body can play havoc with the well-being of another, and the teeth aren't that far from the heart, as the blood corpuscles flow.

Think of it this way: Have you ever stubbed your toe, walked on it, and then noticed your ankle starting to throb?

Well, chewing on inflamed gums is like walking on that stubbed toe all day, every day! When inflammation becomes chronic it can lead to breakdown of the affected

tissues and eventually cause serious health problems.

Cardiovascular and periodontal disease are both inflammatory diseases. In 2009, an important consensus paper was published jointly by the American Journal of Cardiology and the Journal of



Periodontology. This paper called for both medical and dental professionals to take certain pro-active steps in patient care for those patients who are susceptible to, or living with, one or both of these diseases.

So don't be surprised if your dentist or periodontist starts asking questions about your heart condition. Likewise, if you see a

cardiologist, you might find them checking your mouth for early signs of gum disease. We're not being nosy; this information could be very important in early detection. >

- 1 **Featured**
Gum Specialists and Heart Docs team up
- 2 **Profile**
Casey: Dental Assistant
- 2 **Bite Community**
Help prevent teen trauma
- 2 **Handy Hint**
Does your mouthwash wash?

This month...

It's all about cooling down and relieving the 'fire' of inflammation. Armed with the knowledge that inflammation in one part of the body can affect another body system, health care providers from two seemingly different specialties are teaming up to help you withstand heart disease—one of the leading causes of death in Australia. We've also included an interesting fact about mouthwash and lastly, as Christmas fast approaches, a note on what you can do to support a special cause as we have. Enjoy!



Dr Simon Franks

> continued

Prediction, Prevention and Cure

On the whole, people with periodontal disease have an incidence of heart disease that is twice as high as people with healthy gums. By the same token, having periodontal disease can make heart conditions worse. So it's important to keep your medical records current over time.

Are You At Risk?

Those diagnosed with types of inflammatory disease, eg heart disease, or those with family

histories of periodontal disease should consult with a dentist or periodontist for a thorough evaluation. Research also indicates that the bacteria causing gum infections can spread from person to person through the saliva, so household members and loved ones are at risk, too.

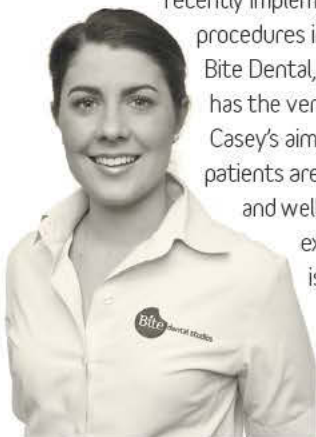
At Bite Dental Studio, we take the time to thoroughly examine your gums with every check-up. We're on your team of health-care providers working for the brightest teeth, healthiest gums and strongest heart - for you.

Profile

Casey: Dental Assistant

Casey has been working alongside Simon for four years. She has completed her Certificate III in Dental Assisting and Certificate IV in Radiology, and has

recently implemented new policies and procedures in Infection Control at Bite Dental, ensuring our practice has the very highest standards. Casey's aim is to make sure our patients are welcomed, comfortable and well informed, so that their experience at Bite Dental is positive. She is hoping to further her studies and upgrade her qualifications in the near future.



Bite Community

Help prevent teen trauma

Bite Dental has a charitable spirit and is donating to the RBWH Foundation to help them raise funds for their Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y.) program. Its aimed toward 15-19 year olds and is confronting but effective in curbing risky behaviour.

Donations play a pivotal role in keeping the P.A.R.T.Y. program free to all students and it's simple, safe & fast to donate. Visit: <https://secure.donman.net.au/client/rbwhf/rbwhf.asp> Select P.A.R.T.Y. as the campaign.



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

Handy Hint

Does your mouthwash wash?

“The traditional purpose of a mouthwash has been to keep bad breath away, but advertising suggests that a mouthwash will also blast the bugs and germs off your teeth. In 2005 the US district court ruled this claim as false and misleading. We all have bacteria in our mouths, but if you have persistent bad breath there may be underlying dental issues at play—best to check with your dentist. The therapeutic benefits of mouthwash are dubious at best.”



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*for appointments made up to the end of October 2011

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