



Bite

Word of mouth

26 FEB 2014

Featured

Floss your teeth for healthy knees

Do your knees hurt from arthritis? Well this just may be another reason for pulling that silly string out of the bathroom drawer!

Here's another link in the connection between periodontitis and poor general health. Researchers in the United States recently published a study showing that gum bacteria can migrate to the knee joints of people with osteoarthritis and rheumatoid arthritis.

Using DNA markers, the researchers were able to genetically determine that bacteria found in the knees were derived from bacteria present in the gums of the same study subjects. Healthy knees aren't supposed to have bacteria in them in the first place. According to study leader Nabil Bissada, chairman of the department of periodontics at the Case Western School of Dental Medicine, the fluid surrounding a healthy kneecap—known as synovial fluid—should be essentially

sterile. The scenario Dr. Bissada's team pieced together is that offspring of the gum bacteria entered the bloodstream and settled in the synovial fluid of a knee weakened by arthritis. Although the bacteria probably did not cause the arthritis, it's no good having bacteria living in your knee. "Bacteria can make the diseased area much, much worse," concludes Dr. Bissada.

This conclusion is consistent with other studies linking gum bacteria to arterial plaque and inflamed heart valves, among other conditions.

While the cause and effect relationship is unknown at this time, gum specialists like Dr. Bissada feel that the connection is more than trivial. For example, it is well-established that harmful bacteria from advanced periodontitis can enter the bloodstream.

Once it gets there, the body's



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This month...

Is your health the bees knees? The latest research uncovers some interesting parallels with body aches and the health of your mouth. Don't miss our feature article to learn more.

Jenna gives you some practical advice for those who like that clean feeling when it comes to brushing. Do you scrub up?

Lastly, due to the popularity of our past free Diabetes education nights, we're holding another in early March. Its only a couple of weeks away so check our article or call Lyn-Maree for details.

Enjoy

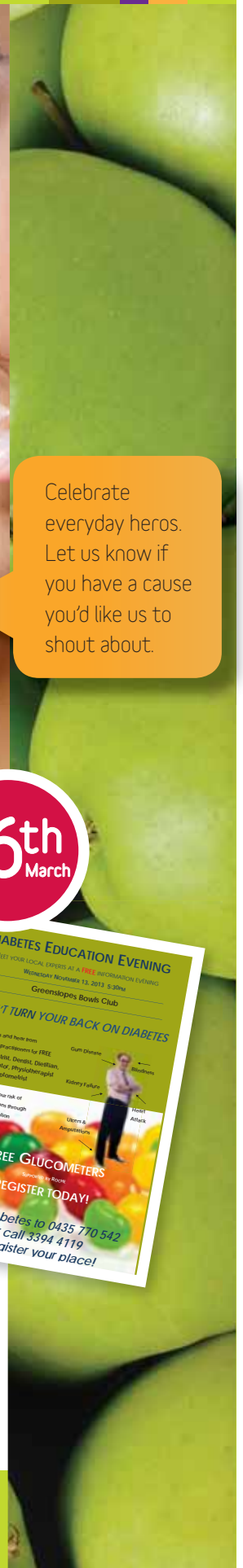
Dr Simon Franks



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circulatory system can send it anywhere. As the oral bacteria travels, it may cause secondary infections or it may contribute to the disease already in other tissues and organ systems. Dr. Bissada notes that the circulating bacteria often lands at a site where inflammation already exists such as: cardiovascular disease, diabetes, orthopaedics, implant failure, kidney disease or – the knee.

While the scientific jury is still out on the exact relationship between periodontal bacteria and diseases affecting the rest of the body, it can't hurt to keep your mouth healthy. Daily brushing and flossing, regular check-ups, and treatment for periodontal disease if present, will pay off in the long run. You'll not only have healthy teeth—your knees just might feel better, too!



Celebrate everyday heros. Let us know if you have a cause you'd like us to shout about.

Education

Diabetes education nights

This year, Simon and Jenna will be running free education evenings around Brisbane for people diagnosed with diabetes. Diabetes is a condition that is very complex and affects the WHOLE body—even the teeth! Bite Dental, along with colleagues from a number of different allied health areas including podiatry, optometry, nutrition, exercise physiology, diabetes education and more will be donating their time once a quarter to help others understand how this condition affect different aspects of the body and what you can do about it.

If you, or someone you know has diabetes—ask Lyn-Maree for some more information on these evenings. They will be very valuable!

Do you have Diabetes?

Come to our **FREE** info session with local experts
Wednesday 26TH March • Greenslopes Bowls Club
REGISTER NOW: text DIABETES to 0435 770 542

26th
March



Healthy Hygiene Hints

Go easy with the scrubbing

You know the saying, 'Go hard or go home'... this is not the case for tooth brushing!

Excessive or hard brushing can lead to the permanent removal of the gum tissue covering the roots of your teeth. This gum does not grow back and exposes the tooth to sensitivity, abrasion and more risk of decay.

The trick is to brush very gently, for longer. Always use a soft bristled brush and brush in gentle circles. Try not to "scrub" back and forth as this position can be aggressive. Plaque is very soft, like a wet bread consistency—so there's no need to scrub like crazy. That 'clean' feeling after a really hard scrub, is not the absence of plaque but the gum and enamel you have scrubbed away!

Jenna