



Bite

Word of mouth

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Featured

Can poor dental health be related to dementia?

One thing we all dread about growing older is losing our memories. 'Dementia' is the overall term for various types of cognitive impairment related to aging, including Alzheimer's disease. While there's no known cure at this time, research is underway in many areas of medicine, looking for connections, causes and possible preventative measures. So what do teeth have to do with the health of your brain? You might be surprised...

One intriguing factor that seems to be coming up more and more is the link between oral health and dementia. Studies have shown a link between periodontal, or gum disease, and dementia. Could it be that prevention of this tragic disability is as close at hand as your toothbrush?

In a study published in 2009 by Columbia University researchers in New York City, over 2,300 men and women were tested for the bacteria that cause periodontitis. This infection can cause gums to become so irritated that they no longer hold the teeth firmly in place, causing wobbly teeth and tooth loss. The study subjects, who were all over age 60, were also given a series of tests challenging their memory functions.

Nearly 20 percent of the subjects had difficulty completing the tests, and those with the poorest dental health had the lowest scores for memory



and mental function. For example, one part of the test asked subjects to recall a simple sequence of three words. The higher their level of disease—producing oral bacteria, the poorer the subjects performed on this test. Those with the highest levels of gum disease were three times as likely to

have trouble with word recall than those with the healthiest mouths and gums. This group was also twice as likely to fail another test based on simple mental arithmetic calculations.

A Triangle of Diseases

These and other studies are continuing to provide evidence of links between periodontal

disease, dementia and cardiovascular disease—which is a leading cause of death among adults worldwide. The common denominator among all of these diseases is inflammation. This is a normal bodily response to injury and is a vital

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This month...

This month celebrates World Alzheimer's Day and so after having some interesting discussions with a couple of patients this week who are in the field, I thought it appropriate to discuss how oral health actually has a surprising connection with this condition.

Bite Dental was also rewarded an honorary jersey from the Kangaroo Point Rovers this week which has a new home in our patient waiting area.

Jenna's got a valuable message this week about porcelain teeth and we have the details of our next Diabetes Education Night for you.

Dr Simon Franks



> continued

part of our evolution and survival. However, it's when inflammation becomes chronic or 'hidden' deep within the body that things go wrong.

Thus, it's the presence of inflammation in the gums—periodontal disease—that may be an early indication of later troubles with cognitive function. Studies have shown that people with early periodontal disease, before age 35, have more than four times the chance of developing dementia in later years. Scientists theorize that inflammation, once started in the gums, can 'migrate' or send signals to other parts of the body where it then causes more trouble. If the inflammation spreads to the brain, it shows up as dementia, to the heart, it becomes cardiovascular (heart) disease.

A further intriguing link among these 'gang of three' diseases is that studies are showing they all respond positively to nutritional enhancement. Both Folic acid, a type of B vitamin, and Vitamin D have been shown to lessen the occurrence or severity of dementia, periodontal and cardiovascular disease. This is not to say you should go out and empty the pharmacies of their vitamin supply—but if you are concerned about your long-term heart and brain health, it seems like it might be good idea to brush your teeth and take your vitamins!



News

Congrats Lyn-Maree

Big congratulations to Lyn-Maree who completed her studies in practice management last month. We are very privileged to have a team leader with such advanced skills in management and communication. Well done Lyn Maree!



Community

New in the studio

If you are in the practice this month you will notice a new addition to our patient waiting area.

Thanks to the Kangaroo Point Rovers for making up an extra jersey to thank us for sponsoring their 2014 season.

Unlucky to miss out on the finals this year—but we are always happy with a season free of teeth damage!



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

Healthy Hygiene Hints

Looking after your investments

Prosthetic teeth—whether they be implanted, crowned, bridged, or denture teeth—are designed to act like your natural teeth, so they should be cared for in that way! Restored teeth are all still connected to your natural dental tissue in some way, so they are still at risk of many of the same infections as your natural teeth. While metal and porcelain will not decay, you can still experience decay underneath your crown. As well, implant teeth are still at risk of developing gum disease around them which can lead to them falling out.

Rule of thumb this month—whether they are real, fake or enhanced... Look after them like your own. This means tooth brushing all surfaces, flossing in between as well as underneath those bridges and wire retainers!

Jenna



Community

Diabetes Night at Brisbane West

We are at it again—our next Diabetes Education Night is next month in Brisbane West. If you know anyone with diabetes, they need to come along to one of our worthwhile events! It's a free evening hosted by us along with other expert speakers in the field of diabetes. Abbott is again supporting the event and providing free glucose meters for eligible diabetes attendees.

Where: Corinda Bowls Club - Nosworthy Park, Hall Avenue Corinda

When: Wed 29th October 2014 at 5.30pm

Call Bite to register now!

