



Bite

Word of mouth

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Featured

The mouth is a mirror of your overall nutritional health

In modern Western culture, the 'nutrition and wellness' industry is teeming with continuous revolving doors of trends, fads and superfoods. However, the science of fundamental human nutrition as changed very little; and still comes down to ensuring adequate intake of the right combination of essential minerals and vitamins. Your mouth can say a lot about what you're eating, and your dentist may be the first person to spot potential nutritional imbalances. This month, we are discussing the oral signs of nutrient deficiencies and thus what to consider when you make changes to your diet.

Nutritional deficiencies result when there is an imbalance between what the body needs and what it is getting. Because your body cannot make minerals, they must come from your diet. Minerals are therefore essential nutrients and they are all essential to life; without them you won't be able to function properly, grow or procreate.¹

Nutritional deficiencies limit the body's ability to fight disease and in many cases the mouth is the first line of defence, as healthy gum tissue and saliva are crucial in fending off invading pathogens. The sensitivity of oral tissue can be particularly telling regarding deficiencies in folic acid, zinc and iron. Other conditions, such as diabetes and infection can also show symptoms in the mouth. As such, your dentist may be the first member of your health

care team to notice potential nutritional problems.

The following is a guide to the most important vitamins and minerals for the health of one's mouth:

- **Calcium.** Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk developing gum disease and tooth decay. Calcium is found in many foods and liquids, such as milk, yogurt, cheese, beans, and oysters.
- **Iron.** Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth. Iron is found in many foods, including liver and red meat. Other iron-rich foods include bran cereals, some nuts, and spices.
- **Vitamin B3 (niacin).** A lack of vitamin B3 can cause bad breath and canker sores in the mouth. To boost your B3 levels, eat chicken and fish.



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This month...

Well it's the end of the financial year and the end of an era at Bite Dental this month.

It's with a heavy heart that we say goodbye to Jenna, my side-kick that has stood by me for 12 years! It's been a sensational partnership for that time and I do have a feeling that our paths will cross again.. but for now I wish her the best of luck for her next chapter!

In this month's feature we discuss the importance of adequate nutrition for oral health.

Jenna has a tip that eliminates all of our excuses! And finally, she shares some special words for her friends of the practice.

Dr Simon Franks



> continued



References:

1. Food Nutrition Table: Minerals (2016). Author unknown. Found at URL: <http://www.foodnutritiontable.com/whatiswhat/minerals/>
2. Academy of General Dentistry. 'Know Your Teeth'. Updated June 2016. Article found at URL: <http://www.knowyourteeth.com/infobites/abc/article/>

- **Vitamins B12 and B2 (riboflavin).** You also can develop mouth sores when you do not consume enough of the vitamins B12 and B2. Red meat, chicken, liver, pork, fish, as well as dairy products like milk, yogurt, and cheese, are good sources of vitamin B12. Vitamin B2 is found in foods like pasta, bagels, spinach, and almonds.
- **Vitamin C.** Too little vitamin C can lead to bleeding gums and loose teeth. Sweet potatoes, raw red peppers, and oranges are great sources of vitamin C.
- **Vitamin D.** It is very important to consume enough vitamin D because it helps your body absorb calcium. A diet lacking or low in vitamin D will cause burning mouth syndrome. Symptoms of this condition include a burning mouth sensation, a metallic or bitter taste in the mouth, and dry mouth. Drink milk, and eat egg yolks and fish to increase your vitamin D intake.²

Overall, patients can improve their oral health and reduce the risk of oral infections by eating a balanced diet based on the well-known Food Pyramid (which is now a pie chart!). The Australian Dietary Guidelines recommend eating a variety of foods from the five major food groups—grains, fruits, vegetables, milk and

meats. Vitamin and mineral supplements also can help preserve periodontal health and boost overall health and well-being, but be sure to only supplement when truly required. Taking a multitude of supplements and vitamins will only overload the liver and kidneys and risk long term disease of these critical organs. Not only are there limits to what we can absorb, but too much of any mineral can also result in health problems. Therefore, be sure to always consult with a qualified health practitioner before adding supplements to your diet.

Diet is an important part of an individual's medical history, and patients should always inform their dentist if they adhere to vegetarian or other special diets. That's why, at Bite Dental we take the time to talk about your lifestyle and diet in order to holistically assess factors that may be affecting the health and management of your mouth. At Bite, we treat our patient's as our friends and look beyond 'just the teeth' in every dental examination.

Team

Final farewell from Jenna

I would just like to thank everyone for their kind messages and well wishes! It has been very touching to receive such lovely words of thanks considering that I put instruments in people's mouths while they lay vulnerably upside-down!

What I enjoy most about my job is empowering people to take responsibility for their oral health, and at Bite Dental I have been so blessed to be able to do this every day with the most lovely people in Brisbane (and beyond)!

To all my friends at Bite Dental, I wish you all the best in the future! It has been an absolute pleasure to get to know you, your families, to help you look after your teeth and to bring you these newsletters every month! I will stay in touch with Simon and the practice, and I leave you in the best of hands with Kateryna. All the best for now.

Community

Shout out to Dr Brown

Dr Rosemarie Brown is a close friend of Bite Dental. Her passion for nutritional health and her depth of knowledge was in fact what inspired this month's feature article. Rosemarie is not only highly skilled in the analysis of blood reports in relation to nutrient deficiencies and presenting symptoms; but her home economics background gives her the added expertise to put this knowledge into action. If ever you have a question about your nutritional health—she is the lady to ask!

She runs her 'Dr Brown's Nutrimericine' clinic out of Cannon Hill Medical Centre. Contact her on 0437 071 222. You won't regret it!

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



Healthy Hygiene Hints

Keeping clean at work

Studies show that the chance of a person using oral hygiene products during the day will increase 65 percent when items are kept at work.

It's amazing how having the essentials within reach—a soft manual toothbrush, toothpaste & floss—will make you more aware of food caught in your teeth during the day.

Your take-home pack from Bite Dental is perfect for this—so next time transfer these goodies straight to your desk drawer!

Jenna

