



THE 2th, THE WHOLE 2th AND NOTHING BUT THE 2th

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2016 edition

Housekeeping Notes

- While we realize that there is parking in the road outside our premises, we should really appreciate it if you could park inside the property to avoid any inconvenience to the neighbours.
- Please remember that I am always available after hours should you have any problems. The after-hours number is (021) 683 0898 or 08257 08557.
- Past issues of the newsletter are on our webpage www.smilestudio.capetown

Health Snippets

a) Fluoridation -new confirmation.

We have covered the benefits of fluoridation thoroughly in several previous issues of our newsletter. (Should you want these please let us know). Most times the anti-fluoridationists trumpet their triumphs very loudly when they convince governments to stop fluoridation but where is their bravado now? Alberta in Canada bowed to public pressure in 2011 and stopped adding fluoride to the drinking water. Now 6 years later a marked increase in tooth decay in children is noted. Comparing their figures with neighbouring Edmonton which continues to add fluoride and the studies done prior to 2011, it is abundantly clear that the fluoride does indeed prevent tooth decay significantly.

b) Bottled Water - sparkling or still?

For some reason the bottled water industry thrives despite many studies showing that often the bottled water is more contaminated than regular tap water. But should bottled water be your choice of beverage, should you choose still or sparkling?

Still water has a pH of 7 which means it is neutral being neither acid nor alkali. Bottled sparkling water contains carbonic acid which gives it the fizz factor. This drops the pH of the water to 5.5 making it acidic and this can, over time, erode and damage the tooth structure.

Flavoured sparkling water contains citric acid which is even more acidic than the carbonic acid and this places them almost on a par with other fizzy drinks (see next article).

If you really prefer sparkling water, confine its use to drinking it with a meal when the acidic content will be neutralized. Between meals drink still or tap water.

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin. 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!!! Blow this, I thought, I can get one cheaper off the web.

Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss league records were destroyed in a fire ... And so we'll never know for whom the Tells bowled.



Why the tax on soft drinks?

20% of children in the 2-5 year age bracket and 33% of children in the preteen age group are classified as obese. This is linked directly to the amount of sugar consumed. The daily intake of sugar should fall within the range of 5 teaspoons or 19 gms/day.

You will be aware of the government's intention to tax the sugar content of beverages both here and in the UK. I think the underlying rationale is not to raise revenue but to make people cognisant of the presence and inherent danger of sugar. Sugar, we all know, is responsible for childhood obesity as well as feeding the bacteria in the mouth which cause tooth decay. Sustained high sugar intake is also responsible for the tsunami of diabetes which is affecting the adult population and for increased incidence of heart disease.

While fizzy cold drinks have always been held up to be the only culprit, it has now been shown the "healthy" fruit juices and smoothies are just as bad if not worse. One small carton or bottle of fruit juice or fruit smoothie contains unacceptably high sugar levels - 1 drink often providing as much as a child would need in an entire day. These fruit drinks are marketed in highly attractive packaging and touted as being "packed with healthy fruit with added vitamin C". They often contain between 10.7 and 13gms of sugar/100ml of juice which in a 200ml container easily exceeds the daily requirement of 19gms.

While Coca-Cola is usually held up as public enemy number one having 6 teaspoons of sugar/250ml, other soft drinks fare even worse as do the "lunch box friendly" smoothies. Even simple flavoured water and fruit juices have just 10% less sugar content than Coca-Cola. Become aware of the sugar content of the beverages by reading the labels carefully on the bottles and cans.

How does whole fruit fare? When one eats whole fruit the fibres in the fruit contribute enormously. The fibres affect the way the sugars are metabolized in the body as well as adding a satiety value which satisfies the hunger. Something which the fruit juice from a container will not do.

The sugar scale

We gathered a few popular drinks from our canteen's refrigerator to check how much sugar each one contains. The results were surprising. Even 'healthier' drinks such as flavoured mineral water and drinking yogurt contain a large amount of sugar





A white horse goes into a bar to order a drink. The barman says, that's incredible! Do you know we have a drink named after you? Really, says the horse, you have a drink named Eric?

A priest rushed from church one day to keep a golf date. He was halfway down the first fairway, waiting to hit his second shot, when he heard the familiar "FORE!" and a ball slammed into his back. Soon the golfer who had made the drive was on the scene to offer his apologies. When the priest assured him that he was all right, the man smiled.

"Thank goodness, Father!" he exclaimed. "I've been playing this game for forty years, and now I can finally tell my friends that I've hit my first holy one!"

Scientists have finally discovered what's different about the human male brain.

On the Left side there's nothing right.....

and on the Right side there's nothing left.

Many patients call the pathology group to discuss their medical bills. One irate woman demanded that every laboratory test on her statement be explained to her.

Reluctantly, the person handling the call complied. Starting with the first test on her bill, she read, "No. 1, urinalysis."

She interrupted me at once. "I'm a what?"

Reasons To Take Bleeding Gums Seriously.

- Healthy gums are an indication of a healthy mouth. The gum frames the teeth adding an important dimension to the smile. Regardless of how well aligned or well-shaped the teeth are, unhealthy gums will immediately detract from the appearance.
One of the important side effects of unhealthy gums is that the cause is in most cases a low grade infection and this will, in most cases, lead to halitosis or bad breath.
We also find that this chronic infection can cause the gum to move down the neck of the tooth leading to what is termed gum recession and this will present itself as sensitivity to cold temperatures and to sweet foods. Often, once the gum has shrunk back the bleeding stops and the condition is forgotten but unfortunately the damage has been done and unless preventive measures are taken, it will recur again.
There are other serious considerations for bleeding gums as the health of the gums is often a barometer of health in the body generally. One of the most common diagnoses we make with bleeding gums is diabetes. The body reacts very quickly to changes in blood sugar and often long before other symptoms present, a regular dental examination will sound the alarm as the health of the gums is assessed.
Pregnancy will often see the gums becoming swollen and bleeding. This is entirely preventable by very diligent brushing and flossing. If the bleeding gums are ignored during the pregnancy one often will end up with permanent damage even once the pregnancy is over.
Unhappily bleeding gums often lead to more problematic diagnoses. Many blood disorders such as leukaemia and other forms of blood cancer present initially in the mouth and as in all types of cancer, early diagnosis can lead to a successful outcome of treatment.

Tooth Whitening.

The desire to whiten ones teeth goes back to the Egyptians who used vinegar and crushed pumice and the Romans used urine as it was found the urea would whiten the teeth.

Tooth stain can be on the surface of the tooth or a darkening of the dentine inside the tooth can cause the discolouration. It also becomes more apparent with time as wearing away of the enamel allows the more yellow dentine to shine through. Whitening toothpastes will only remove surface stains but they should be used with caution as they are abrasive and can damage the tooth structure. Their effect is minimal although their commercial value is enormous. An estimated \$11billion was spent in 2013 in this pursuit of gleaming white teeth using questionable toothpastes.

To lighten the colour of the tooth itself many methods were used over the years with limited success. However, our modern and very effective approach was discovered by accident.

Hydrogen peroxide breaks down into water and oxygen and this oxygen is toxic to the bacteria which cause gum disease and hence it was used to treat gum problems. In the late 1980's an orthodontist was treating a kid whose gums were really looking bad due to poor oral hygiene and so he filled a gum guard with peroxide and told the child to sleep with it. Hey presto! The gums cleared but he noticed the teeth had also lightened. This forms the basis of the tooth whitening technique we use today.

Once again it is the oxygen release which we need. Hydrogen peroxide works but the oxygen is released immediately and is then washed away and swallowed. This produces many unwanted side effects. It is, however, cheap and is the basis of most over the counter products. The professionally supplied products are carbamide peroxide which breaks down much more slowly and releases oxygen (over an 8 hour period) as well as urea which raises the pH of the environment. This is an unwelcoming environment to the bacteria of the mouth. The oxygen which is released permeates through the enamel and will lighten the colour of the protein fibres in the dentine. This will not affect the properties of the tooth at all. Compare this with soaking a fabric in bleach. It loses its colour but the fabric itself is not affected.

As the technique can cause sensitivity of the tooth, we prefer to use the technique where we make a very thin gum guard and one puts the solution into this gum guard every night for 10-14 nights. During the course of the night, the oxygen is released and the effect is achieved. We can use stronger solutions and even activate them with laser lights but this is less predictable, causes a lot of sensitivity and is much more expensive. A persons' natural tooth will lighten but fillings and crowns will not be affected.

The effect of the tooth whitening is pretty permanent but often one would do a touch up for a night or two once a year just to bring back the lighter shade. This is another advantage of the home technique as once you have the gum guards there is minimal cost to just buying a syringe of the material.

We are now using this technique for a whole new field of treatment. Over the past decade there has been the development of decay in the roots of the teeth of the older population. We are not sure of the cause of this new phenomenon but treatment has been very difficult. Making the trays and getting the person to use the carbamide peroxide has provided a unique way of treating the caries as both the oxygen and the urea slow down the process very noticeably.



A little three year old boy is sitting on the toilet.
His mother thinks he has been in there too long, so she goes in to see what's up.
the little boy is sitting on the toilet reading a book. But about every 10 seconds or so he puts the book down, grips onto the toilet seat with his left hand and hits himself on top of the head with his right hand.
His mother says: "Billy, are you all right? You've been in here for a while".
Billy says: "I'm fine, mummy... I just haven't done it yet. "
Mother says: "Ok, you can stay here a few more minutes. But, Billy, why are you hitting yourself on the head?"
Billy says: "it works on the tomato sauce bottle!"

At Sunday school, they were teaching how G~d created everything, including human beings. Little Johnny seemed especially intent when they told him how Eve was created out of one of Adam's ribs.
Later in the week, his mother noticed him lying down as though he was ill, and she said, "Johnny, what is the matter?"
Little Johnny responded, "I have pain in my side. I think I am going to have a wife."

Two Bikers were riding down a country road on a Harley.
The driver's leather jacket wouldn't stay closed because the zipper had been broken, so he pulled over.
"Just put your jacket on backward," suggested his buddy.
Then they zoomed off down the road, until they hit a curve at high speed and crashed.
A farmer found them and called the police. "Is either of them showing any sign of life?" asked the officer.
"Well the first one was," replied the farmer, "until I turned his head around the right way."

Surprising facts about the Sun

A study of 30000 women over 20 years produced some very interesting results. The study claimed that avoiding the sun is risk factor for death even greater than that shown by smokers. The study showed that women who spent time in the sun had a generally lower risk for heart disease, diabetes, multiple sclerosis and respiratory diseases. It would also seem that the benefits are dose related - the more exposure the less the chance of developing these diseases.

And what about skin cancer? While the chances did increase, the success rate of treatment was much better. The Vitamin D produced by sunlight has a far more beneficial effect than oral supplements. Even melanomas are far more malignant in those folk who have little or no exposure to sunlight and hence lack Vitamin D. The conclusion of this extensive study is that one should not overexpose oneself to the sun's rays but that totally avoiding the sun has the same deleterious effects on health as smoking, being overweight and inactivity.

We must bear in mind that this study was done in Sweden where there is a particularly low UV index. Here one must continue to avoid the sun from mid-morning to mid-afternoon but do ensure that you do get out and about in the daylight.

(Medscape March 2016)

Artificial Sweeteners

A fascinating study to come out of the Weizmann Institute of Science has shown very conclusively that the use of artificial sweeteners will affect your ability to metabolize sugars correctly and will cause a pre-diabetic state. It would appear that these sweeteners are metabolized by the bacteria in the gut which release toxic substances into the circulation. After prolonged use there is an increased risk of developing diabetes and obesity because the insulin control factor is affected. It would be much better to try and wean oneself off the need for sweetened foods and stick to natural sugars where necessary.

(Dr David Johnson 2016)