



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

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2013 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. Please contact me on my cell phone 08257 08557.

Health Snippets

a) **Money problems vs. tooth problems.**

Research done at the State University of New York shows that people with financial stress are twice as likely to suffer from gum disease as the norm. This is probably due to a reduction of good oral care as the person slips into a state of sub-clinical depression. Other problems which present are tooth grinding, salivary changes and a reduced ability to fight infections.

The last thing one wants in times of financial pressure is large dental bills. Ensure that your home care is maintained and, regardless of your state of mind, you never retire for the night without a thorough brushing and flossing.

b) **Nitrous oxide** (laughing gas) is the best gas to create uniform bubbles in chocolate. This was proved by Nestle researching Aero. Now we can get fat and not care about it. Bliss!

c) **Wine - how good is it for you?**

Red wine has been touted as a superfood preventing cancer, lowering risks of cardiac problems and even preventing colds, tooth decay and gum disease. This health maintaining property has been attributed to resveratrol, an anti-oxidant. Red wine contains a higher concentration than white and Pinot Noir grapes are the richest in this chemical. Over and above all of the above attributes, wine also blocks immature fat cells from developing so that regular wine drinkers have a lower BMI than people who imbibe occasionally or people who drink other forms of alcohol.

d) **Dental markers for general health**

A Swedish study covering 39 countries showed that the more teeth that were missing in the mouth, the higher was the enzyme level in the blood stream which would increase inflammation and hardening of the arteries. There was also a direct link between the diabetes and the number of missing teeth. Bleeding gums had an association with higher levels of cholesterol and increased blood pressure.

The mechanism for this link is unclear but it is thought that bacteria from the mouth enter the bloodstream, activate the immune system which in turn causes inflammation and hardening of the arteries. Hence the importance of regular oral care and dental examinations.



Be kind to your dentist...they have fillings too.

I changed my iPod's name to Titanic. It's syncing now.

Paddy is sitting in a pub with his friend Gerald. Paddy informs Gerald that he has just bought himself 2 goldfish. "That's nice" says Gerald " and what did you name them?" "I named them One and Two" replies Paddy. "Why on earth did you name them like that" asks Gerald. "Well," says Paddy "If One dies I'll always have Two."

Sports Injuries

There are 15 million dental injuries a year in the USA and almost 40% of these relate to sport.

Mouthguards have been shown to dramatically reduce oral injury. The ready-made type offer very minimum protection as they tend to interfere with breathing and don't fit snugly. The boil and bite are only slightly better but often the person trims off the margin and this interferes with the protective ability of the guard rendering it useless. The custom made mouthguards are the best by far. Currently the bilaminate material is the best available as it has been shown to absorb shock to a far greater degree than other types. It is marginally more costly than the conventional type of gumguard but certainly seems worth it.

The most common injury we see is fracture of the enamel of the front teeth. Usually we like to seal off the fracture initially so as not to irritate the already traumatised pulp and then restore the broken tooth after a week or two. Usually one can build up the broken tooth using a tooth coloured restorative material but it may subsequently need a crown or a veneer.

If a tooth has been traumatised so but is not out of position, avoid using the tooth and we reassess it at regular intervals to ensure the pulp remains healthy. If the tooth has been displaced, it needs to be repositioned as soon as possible and then splinted into position. This is a dental emergency and should be treated as such. A tooth may be completely knocked out of the mouth. If this happens, place the tooth under the tongue and get to the dentist immediately so that the tooth can be re-implanted and splinted. This should be done within 1 hour.

There is often soft tissue damage along with the damage to the teeth. Very occasionally we may need to suture up a very badly lacerated lip but often this is not necessary as, although there will be a lot of bleeding, the mouth heals rapidly and well.

"The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back." -- Franklin Jones

At St. Peter's Catholic Church in Toronto, they have weekly husbands' marriage seminars. At the session last week, the priest asked Giuseppe, who said he was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years. Giuseppe replied to the assembled husbands, *'Wella, I've tried to treat her nicea, spenda da money on her, but besta of all is, I tooka her to Italy for the 25th anniversary!'*

The priest responded, *'Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50th anniversary?'* Giuseppe proudly replied, *" I gonna go pick her up."*

Overheard at an old aged home- no I don't believe in organic and health foods. At my age I believe in all the preservatives I can get.



Anti-oxidants

For the last decade or more, targeting foods rich in anti-oxidants or the addition of anti-oxidants to the diet in the form of supplements has promised many health benefits. Modern communication often simplifies or distorts knowledge to the extent that it is no longer what the original researchers claimed or the results of small studies become a basis for overambitious claims. Anti-oxidants have often been the target of this hype. Now that a balance of views is asserting itself, it is useful to re-assess their true value.

Anti-oxidants have been shown to have many very beneficial properties. They have a protective function against several types of cancer, they are anti-inflammatory and have an anti-aging property by conferring protective properties on cells which may be damaged by UV light etc. However, there are different anti-oxidants from different sources so it is not a case of one anti-oxidant cures all. Currently studies are under way to combine different anti-oxidants to get a multi-beneficial effect. The main sources of anti-oxidants are Vitamins A, B, C, E, Omega 3 and 6 oils and the element selenium. Claimed that they would prevent heart disease, cancer and the aging process, millions of people spent many more millions of Rand on this miracle nutritional agent. Most of this “evidence” was media and internet driven. The “worried well” of the world were hopeful of a longer, healthier life.

Karlien Smit, a nutritionist from SSISA, feels we have been overly optimistic in what anti-oxidants can do for one. In fact they may do exactly the opposite of what they were intended to do if used in excess. Furthermore, Prof. L Opie, esteemed cardiologist from UCT, states that the combining of antioxidants actually decreased the levels of the good cholesterol (HDL).

It seems that people forget that the opposite of good is better. (Ever tried tightening a nut and once it is tight you give an extra twist for luck and.....snap.) All foodstuffs have a recommended daily allowance (RDA). This is shown on the labelling of most foods and supplements. If you are not getting your RDA from your normal diet, then one may use supplements. However, don't think that if 50 mg is the RDA, 200mg is going to be four times better. It won't and you can harm yourself and your good health. A good, balanced diet, rich in fruit and vegetable is still the optimal way of providing yourself with all the essential building blocks for healthy living.

There have been exaggerated claims regarding anti-oxidants in promoting oral health. The addition of anti-oxidants to toothpastes and mouthwashes will do nothing to preventing oral disease or cancer in the mouth. At this time we do know that one should maintain a healthy lifestyle, have a good balanced diet, avoid smoking and excess alcohol intake and have a regular dental examination at least annually and this will maintain your oral health in peak condition.

Elusive tooth sensitivity

Often one is presented with elusive tooth sensitivity for which no cause can easily be found. Often this may be associated with the switching to a new toothpaste - particularly of the “whitening” variety.

These toothpastes rely on a higher abrasive level to try and get rid of the staining. Switching back to a standard, fluoride toothpaste will frequently solve the problem.



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!"

My wife and I, both graduate students, recently celebrated the arrival of our first child. At my wife's insistence, we had paid our entire medical bill and were now worried about meeting other payments.

We were discussing our sad financial situation one evening when our son demanded a diaper change. As my wife leaned over the baby's crib, I heard her mutter, "The only thing in the house that's paid for, and it leaks."

Does your mouth reveal your age?

Do your teeth betray your age? Over time your teeth will look darker, wear can make them appear short and stubby and the correct smile contour is lost. Correcting these can go a long way to giving a person a new lease on life. The smile is the focus of the face and the rest is simply the frame. If the smile does not reflect the image that one would like to portray, it is really pointless fixing the "frame" with treatments such as botox and fillers.

Some of the more common problems are:-

1. Darkening of the teeth.

Teeth certainly do darken with time. This is due to a number of factors – it may be dietary or due to smoking but is often due to a change in the tooth structure. As one ages, the dentine layer of the tooth gets thicker and this reflects through the enamel as a yellow colour. To counteract this, we lighten the colour of the enamel and this then lightens the appearance of the tooth. This is very easily and effectively done by doing tooth lightening or bleaching. There are a number of over-the-counter products available for this but they are largely ineffective. It needs to be done professionally to see any result. The process does no harm to the tooth at all. Often the discolouration is the result of old fillings which have stained over time. These can easily be replaced. If the darkening is due to a previous root treatment, the problem is easily solved with a crown or a ceramic veneer.

2. Irregularities and chipping of the edges of the front teeth.

Over the years the edges of the teeth may chip as teeth become more brittle. This irregularity does reflect an "aged" tooth. Often this chipping goes hand in hand with discoloured old fillings and darkened teeth. One or more ceramic veneers or crowns can be placed on the teeth to correct any or all of these defects. A veneer is similar to a false nail which is bonded to the existing tooth as well as correcting the smile curvature.

3. Displaced teeth.

Especially if there has been a loss of back teeth, the front teeth may move forward. Treatment here is complex and the correct bite needs to be restored before one can treat the front teeth. Treatment may be carried out via adult orthodontics, periodontal therapy and perhaps crowns.

4. Gum Recession.

Getting long in the tooth is a difficult condition to treat. Prevention should really be the priority through proper and careful brushing and flossing throughout one's life. Another problem is where black margins appear on the top of existing crowns due to the recession. These crowns need to be redone and the problem will be resolved.