

May 2013

St Leonards **holistic** dental care

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www.holisticdentist.com.au



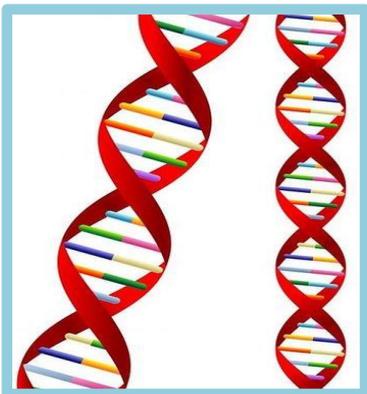
// Migraine, Muscles & Mastication



As the founding president of the AACP Australian Chapter, it was a privilege this March to have worked with other Chapter Committee members to organize the 2nd International Symposium. We brought in 10 highly published and renowned doctors from all over the world (Spain, Denmark, Canada and the USA), to speak on their research results, diagnosing tools and treatment methods to help educate dentists, doctors, hygienist and physiotherapists

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// What does ancient teeth bacteria, sugar and your oral health have in common?



Dentistry Today dental news reported that “researchers recently learned a great deal of information about oral health from DNA preserved in calcified teeth bacteria”. The research was compiled by University’s from around the world, including Australia’s very own University of

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// Man, did you order a pint of Oral Cancer?

Drinking is part of many cultures and is enjoyed by many across different borders. Lately in the news there has been a lot of research and studies carried out identifying men as being faced with a higher risk of oral cancer and that alcohol consumption is a major contributing factor.

A recent study carried out this month in the USA concluded that about 3.5 % of all cancer deaths



stem from alcohol in some way, especially in Men. The *American Journal of Public Health* revealed there to be approximately 6,000 men who had cancer in the mouth, throat or in the esophagus. Based on research from the Boston University School of Medicine and the School of Public Health, “people who could be considered light drinkers—1.5 drinks or fewer daily—even comprised 30 % of the alcohol-related cancer deaths.”

According to the Australian Cancer Council “about 4000 people in Australia (70% men and 30% women) are diagnosed with a type of head and neck cancer each year. More than a forth (1100 people) are diagnosed specifically with an oral cancer. Australian Cancer Council’s research is similar to the USA, listing men being about 3 times more likely to develop head and neck cancer than women. The *Medical Journal of Australia* estimated that 5070 cases of cancer (or 5% of all cancers) are attributable to long-term chronic use of alcohol each year.

Of course the choice is always yours to make whether you indulge in an alcoholic beverage occasionally, all the time or not at all. From our prospective there is just one thing we’d like you to really consider giving up or switching---Your Mouth Wash! Studies carried out in Australia, Brazil and Germany point to alcohol-containing mouthwashes as also being etiologic agents in the oral cancer risk family. Please ask us about, Zydox , an alcohol free mouth wash at your next visit.

<http://www.dentistrytoday.com/todays-dental-news/8782-alcohol-consumption-increases-oral-cancer-risk-for-men>

<http://www.cancercouncil.com.au/697/cc-publications/understanding-cancer-series/understanding-head-and-neck-cancers/understanding-kidney-cancer-q-and-a/?pp=697#anchor2>

<https://www.mja.com.au/journal/2011/194/9/alcohol-and-cancer-position-statement-cancer-council-australia>

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// What does ancient teeth bacteria, sugar and your oral health have in common?

Adelaide's Centre for Ancient DNA.

This study wasn't capable of being conducted prior to five years ago. Thanks to the advancements in technology and the ability to review DNA, discoveries from the teeth bacteria prove what impact diet has on oral health. "The lineage of the bacteria was traced from the last of the hunter-gatherers through the farmers in the Bronze Age and Medieval times". Oral bacteria was more diverse 7,500 years ago, which was actually beneficial. Unfortunately due to our current diets which often contain many pre-packaged foods there is a growing number of oral health problems.

"The study pinpointed the major changes that happened when farming was first introduced and again 150 years ago with the Industrial Revolution and the **influx in sugar**. In some ways, it could be stated that the modern mouth is in a constant state of disease." So, be mindful of what you eat. Foods in their natural state that are low in sugar are better for not only your oral health but overall health.

<http://www.dentistrytoday.com/todays-dental-news/8697-ancient-teeth-bacteria-display-evolution-of-disease>

// Migraine, Muscles & Mastication

specifically on migraines and muscle pain. The symposium covered the dental connection between muscles and chronic pain with topics as diverse as trigger points, migraines, the role of the central nervous system (cervical and glial) and the way diet and environment can be used to alter the response of pain. Also covered was the effect of sleep and tooth grinding and chronic pain and how the role of a dentist can treat these conditions. This was a 3 day course that was extremely beneficial to all those dentists that attended and to the patients of their practices. I had all my team members attend this symposium so collectively we can continue to offer you advanced knowledge and service.

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// Sugar Alternatives

At St Leonards Holistic Dental Care we have recently been asked lot of questions about sweeteners so it was time to do some research and based on the information gathered we summarised some of the well know



sweeteners available on the market today. Our research has shown that there are definitely some of these sugar and sugar substitutes that are not good for the teeth or other aspects of your health. HFCS, short for High fructose corn syrup, glucose and sucrose (refined sugar) are examples of these. However we did find other substitutes that can be beneficial from a health perspective and may even be good for your teeth and gums because of their capacity to reduce the bacteria in the mouth.

High Fructose corn syrup (HFCS) :HFCS is a sweetener that is widely used for soft drinks, cereals and other processed foods.HFCS has a very high glycaemic index of 73 but this may vary depending on the manufacturing process. An investigation published in the American Journal of Clinical Nutrition found a relationship between the intake of HFCS and the development of obesity. (Am Clin Nut April2004 vol 79).Since the content of HFCS is "simple sugars" they can be easily digested by the bacteria in the mouth, allowing them to breed rapidly and cause decay and gum disease. Therefore this is definitely not a good product for your teeth, gums or whole body health. Next time you pick up a packet of processed food remember to check the label to see whether it contains HFCS. We think that you will be amazed how often it is on the list.

Stevia: Stevia is a plant that is native to North and South America. The plant's leaves are dried before they go through a water extraction process. Stevia is a very sweet sugar alternative so therefore you will find that only a tiny amount is needed to get that sweet taste.

A study conducted at The Mahidoli University in Thailand tested the reaction of bacteria to10% concentrations of stevia and another product, xylitol .The results showed that Stevia had no effect on the growth rate and acid production of Streptococci, a bacteria commonly found in the mouth that causes decay, while10% xylitol showed 50% inhibition of the bacterial growth and acid production.

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To be continued...