

## // Sleep, Breathe, Grow



I recently had the honour of being conference chair (organiser) for a 3 day international conference held in Sydney. The conference was all about paediatric sleep disturbed breathing, airway and facial development.

Our line up of 14 Australian and international speakers included Professor Colin Sullivan, inventor of the CPAP machine, Professor Christian Guilleminault pioneer in the field of obstructive sleep apnoea and Professor Leila Kheirandish-Gozal, who together with her husband David Gozal runs the largest Paediatric sleep research unit in America. Additional speakers included Dr German Ramirez from Columbia, whose research is development of the facial bones during childhood growth.

Over the three days the significant take-home message from all these world experts was the importance of nasal breathing, correct tongue posture and swallow patterns from birth. Presentations on breastfeeding, nasal allergy and orthodontics helped attendees understand the importance of development of the palate and how it creates space for the tongue. Even as an

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## // Are Your Teeth Winter Sport Protected?



As this is the season for high impact sports such as; Rugby League, Ruby Union, AFL, Soccer and Netball we want to make sure your pearly whites stay intact. Playing any

sport without the proper equipment is dangerous! Can you think of a piece of equipment that **all** sports players should **always** be wearing????

If you guessed a mouth guard your right!

There are a variety of mouthguards that can be purchased at the local chemist such as, "boil to bite" or "stock" mouthguards that come in small, medium and large sizes. Those types of mouthguards provide *some* protection but often are poor fitting so it's rarely worn during the game and the durability of them is short lived. Without a proper fitting mouthguard oral injuries ranging from, lip and cheek nicks to chipped/ broken teeth to fractured crowns and even damage to the roots of the teeth can occur.

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## // The Power of Saliva



Saliva, is a very powerful naturally occurring oral fluid that not only keeps dry mouth at bay, but also prevents infections by controlling bacteria in the mouth, remineralising teeth to protect from them decay and makes it possible for you to chew, swallow and digest food.

It is your own natural antibacterial mouthwash. When the salivary glands aren't functioning properly dry mouth is inevitable.

Experiencing a dry mouth every once in a while is common, especially when you're stressed or nervous. Some dental appliances may also contribute to dry mouth when they are new. However, for some people experiencing a dry mouth is an everyday discomfort which may be an indication of a more serious medical condition or be the result of something else that's being ingested which stops the salivary glands from producing enough saliva.

Did you know that there are over 400 medications on the market that can cause dry mouth? Medications ranging from prescription high blood pressure and depression tablets to over the counter decongestants, antihistamines, diuretics and pain killers. Also smoking and changing hormone levels (such as menopause) will have an impact on saliva production.

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## // Are your "healthy" choices putting your brain at risk?



These days many of us have been advised by health authorities to choose vegetable oils like corn, safflower or sunflower in place of butter to reduce your risk of heart disease. However, recent studies

show that making this switch will not only have the opposite desired effect but it could also put you at risk for other diseases such as dementia! In an article by Lee Euler, the editor of the online newsletter Cancer Defeated, the importance of following an "anti-inflammatory diet" was recommended to protect both your ticker and your thinker.

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## // Sleep, Breathe, Grow

Infant, children develop obstructive sleep apnoea because incorrect breastfeeding means their palate does not develop. We forget that nasal obstruction and mouth breathing is potentially fatal in neonates however mouth breathing seems to be becoming more and more widespread and therefore the accepted "norm". This is not healthy.

The message was that mouth breathing is pathological and the consequences in a child are abnormal facial development, teeth crowding, enlarged tonsils and sleep disturbed breathing which then impacts their health, their schooling and their social life with lower IQ scores and bed wetting being some of the issues that result. When mouth breathing persists into adulthood it leads to poor sleep, resulting in fatigue and workplace issues. It can play a role in injuries and accidents on the road. It affects health with a greater incidence of asthma, airway infections and a greater likelihood of sleep apnoea. If these health issues pertain to you or a family member we would love to assist to help find solutions to this unhealthy state.

## // Are your "healthy" choices putting your brain at risk?

So what does an "anti-inflammatory diet" have to do with your heart and brain? "The major killer diseases like heart disease, stroke, cancer and Alzheimer's all share a common symptom. It's the first one to show up – years before you're diagnosed with one of these killer diseases. That symptom is inflammation." Inflammation is promoted in your body by consuming omega 6 fats, sugar and refined carbohydrates, all of which are classic staples of a Western diet.

Following a diet that reduces inflammation will reduce your risk of those diseases and allow you to truly make healthy choices. Sure you could take anti-inflammatory drugs for long periods of time to dramatically reduce the risk of Alzheimer's (by as much as 60 - 80%) but that comes with higher risks via its side effects such as gastrointestinal bleeding! Being more mindful of your food choices has no side effects and is just as beneficial for you to achieve healthy results.

Lee Euler states, "An anti-inflammatory diet focuses on eating vegetables, legumes, oily fish, olive oil, coconut oil, avocado, culinary herbs and spices, and nuts. This diet is also nutritious, packed with antioxidants and phytochemicals, and helps to maintain steady blood sugar levels. Surprisingly, saturated fats from plant sources such as nuts, coconut and avocado are extremely healthy. Only saturated fats from animal sources pose a problem."

Suggested foods to incorporate into your diet are:

**Nuts (raw and unroasted):** especially walnuts, brazil nuts, macadamia nuts

**Fish:** All species of fish and shellfish have strong anti-inflammatory properties. Oily fish like salmon, mackerel, sardines and herring are even better.

**Vegetables:** onions, kale, spinach, turnip greens, sweet potato, chili peppers

**Spices:** ginger, turmeric, garlic, cayenne pepper

**Tropical Oils:** Coconut, avocado

If you would like professional guidance with a personalised anti-inflammatory diet our nutritionist, Fiona Workman can assist. Please contact her directly on 0403 394 546.

## // The Power of Saliva

Here are some tips to keep your salivary glands powered up:

- Sip water often or use an artificial saliva product which lubricates the mouth. It can be bought either from our practice or from the chemist.
- Drinking green, ginger and chamomile teas also stimulate saliva production.
- Limit caffeinated drinks such as coffee, tea and some sodas, which can cause the mouth to dry out.
- Chew sugarless gum or suck on sugarless boiled sweets to stimulate saliva flow
- Limit or cease the use of tobacco and/or alcohol, which dry out the mouth.
- Consuming foods rich in calcium, potassium and magnesium (particularly bitter flavours like rocket) will also stimulate saliva.

## // Are Your Teeth Winter Sport

To fully protect your teeth during sport (regardless of your age), it's best to see Dr Charlotte to have a mouthguard **custom fit** to your teeth that is made with the **strongest materials** possible. The process involves a short visit, where impressions of your teeth are taken to create an exact replica of your teeth allowing our dental lab to fabricate a perfect fitting mouth guard. Another short appointment is scheduled to try in the mouth guard and ensure everything is comfortable

If you or any friends/family is playing a sport this season make sure to step onto the field/court with one of the most important pieces of protective equipment perfectly fit in place to keep your smile as it is. No one wants to walk around with a jack-o-lantern smile.