

June 2015

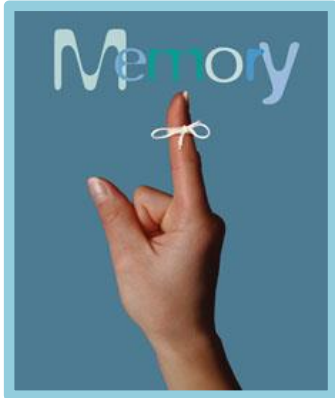
St Leonards holistic dental care

Level 2, Suite 208, 69 Christie St, St Leonards NSW 2065 Phone 02 9439 2090

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// How your regular trip to the Dentist could be helping your memory



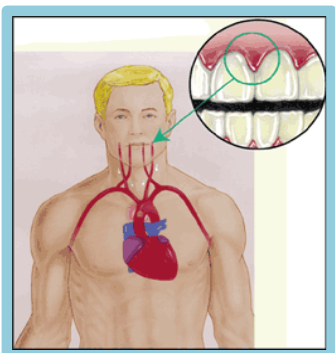
New studies show that the memory and walking speeds of adults who have lost all of their teeth decline more rapidly, than those who still have all of their own teeth. The studies were adjusted for several factors, such as socio-demographic characteristics, existing health problems, physical

health, health behaviours, depression, relevant biomarkers, and socioeconomic status; however, after these adjustments the findings remained the same: People without teeth still walked slightly slower than those with teeth.

In a study, published by the Journal of the American Geriatrics Society, 3,166 adults over the age of 60

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// Gum Disease impacts the severity of heart attacks.



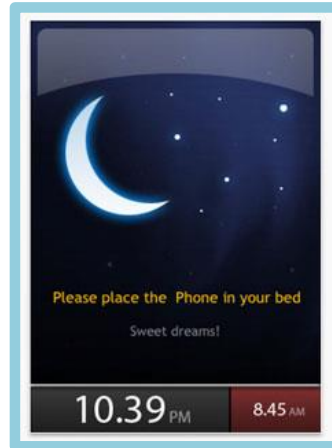
Research from the University of Granada has shown that chronic periodontitis, or gum disease, is closely related to the severity of heart attacks. This is the first time in history, that this correlation has been made.

The Journal of Dental Research published research titled "Acute myocardial infarct size is related to periodontitis extent and severity."

This means that the extent and severity of chronic gum disease is related to the degree of damage to the heart when a heart attack happens. The study was conducted on 112 patients who had suffered from acute myocardial infarction, or heart attacks. All of the

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// Sleep apps; not all they are cracked up to be.



Did you fall asleep using a sleep app last night? If the answer is yes, you are not alone. 1.2 million Australians suffer from a sleep disorder and the apps may be causing more harm than good said Dr Siobhan Banks, a Senior Researcher at the Sleep Health Foundation in an interview with Women's weekly.

Analysing your sleep data may seem like fun and useful information, however users should be cautious; as the experts have determined that the apps can be responsible for giving a false reassurance or anxiety of not getting 'enough' sleep. These anxious feelings may lead to increased sleep disorders.

Today, there are an increasing number of people that fail to get the recommended eight hours of sleep a night. Experts have determined that this will lead to poorer health, wider waistbands, lower moods, and shorter lives, unless we change our habits.

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// Charlotte's News!



April this year marked two special dates for Charlotte and the practice. 10 years ago Holistic Dental Care moved into our current location at Christie St, and it is hard to believe how fast that time has flown. April 17th this year was special as it was Graduation Day for Charlotte. She graduated

from her Masters of Science (Sleep Medicine) awarded by Sydney University. The degree in the field of Sleep allows Charlotte to build further on her knowledge around sleep disorders and in particular in the area of sleep disordered breathing, both for children and adults. The degree at Sydney University is particularly well respected as the course is led by Professor Colin Sullivan who developed

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were analysed to compare their performance in tests of memory and walking speeds. The results illustrated that people without their own teeth performed approximately 10% worse in both memory and walking speeds, than those with their own teeth.

This study reveals that tooth loss could be used as an early indication of mental and physical decline in adults aged 60-74 years than in those aged 75 and older.

At Holistic Dental Care we work with you to develop strategies and treatment plans to help keep your teeth and gums healthy. Please ask Grace or Charlotte at your next visit what it is you need to do to keep your teeth intact, and so help your mind stay sharp!

// Charlotte's News!

the CPAP machine, an Australian invention pioneered at Royal Prince Alfred Hospital in the 1980's to treat obstructive sleep apnoea. Over the past 3 years Charlotte has had many opportunities to interact with Professor Sullivan and his team. In 2014 she invited Professor Sullivan to present at a 3 day international symposium on paediatric sleep disorders, where she was the conference chairperson. Over the last 10 years of working in the area of sleep disorders Charlotte has had the opportunity to meet and work with many practitioners in this field, both local and international. Later this year she will travel overseas and visit European practitioners working in the areas of sleep and chronic pain in order to further develop her knowledge.

// Gum Disease impacts the severity of heart attacks.

patients underwent a series of heart, biochemical, and gum health checks and tests.

The study emphasized the importance of follow up checks for patients with ongoing gum disease. The follow up checks will look at the progression of new heart disease such as new coronary events and cardiac failure.

Ask Grace, our hygienist, at your next cleaning appointment how you can help keep your gums healthy and reduce your risks of heart attacks.

// Sleep apps; not all they are cracked up to be.

There are long term effects of not getting enough sleep; such as, our brain cells can become poisoned and die, and "rubbish" can accumulate, leading to the brain aging prematurely. Short term effects of sleep deprivation, can lead to an increase in young person's blood sugar levels to pre diabetic levels in as little as a week commented Professor Danny Eckert, senior research fellow at Neuroscience Australia and associate professor at the University of NSW. If a person is sleep deprived, it is not only the brain that suffers, the body suffers as well. The body can feel effects such as not rebooting properly. The body may not repair muscle, build bone, break down sugars, or boost the skin elasticity, as well as it would after a restful eight hours.

Persons whom suffer from a sleep disorder should be very cautious when looking at the sleep apps. Instead try to incorporate these five routines into your evening in order to get the best night's sleep that is possible:

- Try to put yourself to bed at the same time each night. The body has an internal clock and hormones which control sleepiness and wakefulness, which works best if there is a regular routine.
- Avoid stimulants such as caffeine, alcohol, exercise, televisions and all Apple devices in the lead-up to bedtime.
- Set aside a "worry time" during the evening to think over the day and plan the next. Spend the hour before bed winding down.
- Don't go to bed starving or too full, and eat your dinner at least two hours before bedtime. A small snack just before bed does help some people sleep better.
- Only use your bed for sleep and intimacy, as you won't link it with sleep if you laze about watching TV or using the computer on it.

If after incorporating these rituals into your bedtime routine, you find that you are still finding yourself sleepless, please ask Charlotte about how she and her extensive network of sleep specialists can help you rest easy.

IN 200 AD, THE ROMANS USED A MIXTURE OF BONES, EGGSHHELLS, OYSTER SHELLS AND HONEY TO CLEAN THEIR TEETH.



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