

September 2013

St Leonards **holistic** dental care

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www.holisticdentist.com.au



// Bitter Orange Juice



Ever wonder why your morning OJ tastes bitter after brushing your teeth? Well, you are not alone. The world's largest scientific society has created a video that explains why this occurs. See for yourself in the episode the American

winning Bytesize Science video series at www.bytesizescience.com

To sum up the 2 minute easy to follow animated video clip, the bitter taste come from one of the ingredients in toothpaste that makes it bubble in your mouth, a detergent called sodium lauryl sulphate (SLS). Your mouth has over 10,000 taste bud sensors. The sensors are programed to

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// Think before popping a soda pop open



Research that has been conducted over the last 25 years by the University of Nebraska Medical Center College of Dentistry in Lincoln, has concluded teeth sensitivity has increased over the years since the introduction of diet sodas. People may switch from drinking regular sodas to diet sodas to save on calories, yet diet sodas are just as detrimental as regular

sodas when it comes to enamel erosion of your teeth.

It is impossible to reverse the destruction of your teeth enamel. The extent of the erosion that can occur depends on the frequency and number of sodas consumed. Erosion of the enamel makes your teeth sensitive to both hot and cold drinks and even cold air! If your tooth's nerve becomes exposed it can lead to pain. Having erosion of your teeth enamel is more detrimental than having a cavity because a cavity can be fixed with a filling by the dentist

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// Mouth Tissues Can Morph Medical Treatments

The *Journal of Dental Research* published an article highlighting a new study done by Ostrow School of Dentistry of USC on stem cells research. "Stem cells found in mouth tissue can not



only become other types of cells but can also relieve inflammatory disease. The cells featured in the study are gingival mesenchymal stem cells (GMSC), which are found in the gingiva, or gum tissue, within the mouth. GMSC, like other stem cells, have the ability to develop into different types of cells as well as affect the immune system."

The study showed that these cells heal much faster and have less inflammatory reaction when compared to skin thus leading to a reduction in scarring. It also found that there are two types of GMSC. These two types are called M-GMSC and N-GMSC. N-GMSC stands for cranial neural crest cells that contain 90% of the gingival stem cells which develop into many important structures of the head and face.

"The study indicates that the stem cells in the gingiva - obtained via a simple biopsy of the gums - may have important medical applications in the future." So be sure to maintain good oral health with regular cleaning appointments with our Hygienist. You never know when you may need to use your gingiva cells for a medical procedure in the future.

// Piercing Infection and Tooth Damage!

With many young Hollywood Stars flashing their oral bling around it prompted us to investigate what the shiny jewels are doing to the youth's health. Did you know that piercings in/around the



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but there really isn't anything a dentist can do to fix tooth sensitivity.

Dr. McFarland stated that "Phosphoric and citric acid, which are common ingredients in many popular soft drinks and diet soft drinks, alters the pH balance in the mouth and can cause tooth erosion over time."

According to the Daily Telegraph in Australia at the end of last year "soft drink per capita consumption has bubbled from 65 litres in the early 1970s to about 100 litres today, Australian Bureau of Statistics and Australian Beverage Council figures show. That equates to 267 standard cans a year, or five a week."

Dr Charlotte says it's best to avoid drinking soft drinks all together but for those who consume it follow these tips:

1. Brush your teeth before with toothpaste to remove the plaque that will take the sugar in the soft drink and use it to create decay.
2. Afterwards at least rinse out your mouth with water.

Better still think twice before putting diet drinks in your body and read some of the literature on aspartame, the main ingredient.

// Bitter Orange Juice

detect sweet, salty, bitter, sour and umami (meaty/savoury). SLS temporary alters the chemical sensor tastes of sweet foods/juices and makes them taste bitter. Of course some people are concerned about using SLS in their toothpaste so we have tested SLS free toothpastes and have suggestions we can assist you with next time you are in.

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// Piercing Infection and Tooth Damage!

mouth have been linked to cancer? Are you aware that they can damage your teeth? Do you know what risks are involved with having a needle put through the midline of your tongue? It's wise for you to know the risks before you go to the piercing shop to have a tongue or lip ring done so you can make an informed decision to determine if that "stylish look" is really worth decreasing your oral health.

All piercings involve a large needle being inserted through your skin. As your skin is your body's largest organ it tries to repair itself quickly, which is why the area around the hoop or barbell will swell, be red/irritated and painful. There are numerous risks in undergoing oral piercings such as, infections, severing a blood vessel (which can cause excessive bleeding), nerve damage (leaving you unable to feel the area permanently or leave with a speech impediment or worse the loss of taste), and damage to your teeth.

Lip Piercings, although not located completely inside of the mouth, still increase your risk for gum infections. The barbell/ring can rub the gum line and create small little cuts. The gums will try to repair themselves quickly however, the continuous contact of the piercing causes extensive gum recession, eroding the gum away rapidly. In some cases a gum graft is necessary for the affected area to be able to heal fully.

Tongue piercings, in the long term, often lead patients to the dentist office for repair of cracked or chipped teeth from the barbell/ring continuously being rubbed against the back of the teeth when eating and speaking. What start off as minor cracks, if left untreated cause the nerve to be exposed which can lead to pain and sensitivity. In some cases an artificial crown is required to protect the damaged tooth in order to save it, and costs thousands of dollars to repair the damage.

Our advice, if you already have an oral piercing or are thinking of getting one please do the following:

1. Schedule regular 6 monthly cleaning and examinations to maintain your oral hygiene and to limit your risk of infections while detecting any potential damage to the surface or your teeth.
2. If you have swelling/pain or excessive bleeding after your piercing schedule an appointment with you GP immediately.
3. Remove your oral piercings prior to partaking in any athletic activity as a proactive measure.

Better still think about taking it out permanently. The tissues that get damaged; the gums and teeth do not regrow or repair so this damage is damage for life. A certain level of damage can be managed but there is a point beyond which we can no longer help.