

December 2013

St Leonards holistic dental care

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

www.holisticdentist.com.au



// Medicare Teen Dental Voucher



Regular cleanings with the hygienist and dental checks by Dr Charlotte are important for your child to maintain for their overall health and wellbeing.

The Medicare Teen Dental Plan will be replaced with a program called Grow Up Smiling starting January 1st 2014 for eligible children. You should be informed of changes via a letter from the government.

Alternatively, you can call 132 011 or visit www.humanservices.gov.au/teendental to see if your child is eligible for this dental rebate for basic essential dental treatment such as check-ups, x-rays, fillings and extractions. Proof of eligibility must be provided at every dental visit.

If your child is eligible please be sure let us know at their next hygiene appointment so we can use the dental item number required for you to claim your rebate at your nearest Medicare Office. You will have to bring the Medicare card that shows their name on it in order for us to provide this service for you. Please note that our usual fee schedule still applies.

// FYI: Why Do Humans Like Fizzy Drinks?



By: Colin Lecher-2013

Drinking carbonated water has been in vogue since at least 1767, and it doesn't seem to be going anywhere. So what gives us our taste for the sparkling stuff.

It's still not completely clear what characterizes the sensation of carbonation. People assume carbonation is the feeling of bubbles popping on the tongue, but when

people drink carbonated beverages in a pressure chamber, where bubbles don't burst, they describe it the same way. So it's not purely mechanical.

Chemically, adding CO₂ to water creates carbonic acid, which is tasted by sour-sensing taste cells. Research has suggested that a certain enzyme, carbonic anhydrase, sits on those cells and reacts with the acid to cause carbonated water's familiar popping sensation. (Fun fact: climbers who take altitude-sickness drugs that block the enzyme, then drink champagne, report the bubbly as having a dishwasher-y taste.) That enzyme, combined with a reaction occurring in the body's trigeminal nerve, could be what

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// Overcome Dental Phobia

There have been numerous surveys carried out in the UK, USA and here in Australia to discover how many people are fearful of the dentist. All surveys concluded that women have a higher level of fear/anxiety around the dentist than



men do. However, in a telephone survey of 7,312 Australian residents that was published in the Australian Dental Journal, it was adults aged 40-64 that had the highest dental fears.

Regardless of what prompted the fear of dental visits (a bad experience in the past or something you were told when you were younger) there are ways to overcome your phobia! Being afraid of the dentist is a common occurrence and is nothing to be ashamed of. More than half of adults experience some state of fear/anxiety around dentistry.

One of the best things you can do for yourself to make your dental visit easier on your mind is to actually tell the dental practice you are a bit fearful of dentists. Be open with the practice and the dental staff about what may have happened in the past or why you feel uneasy/anxious. This allows the dental team to explain every step of what you can expect to happen at your visit. It also opens the conversation up to create a sign that means "I need a break, stop" before treatment is carried out. The sign can be as simple as you raising your hand which gives you control of the situation and allows you to feel more confident in the dental chair.

Another way to overcome a dental phobia is to book regular cleaning and check-ups. This helps you become more familiar with the dentist and their team and it provides early detection of what could result in cavities if your teeth were left unchecked. Catching problems while they are small means treatment can be carried out faster and in the long run will save you money. Taking a preventive action in your oral health is better than taking a reactive approach such as waiting until you experience pain to book a dental appointment.

Lastly, there are alternative approaches to helping you overcome your fear of being in the dental chair. At St Leonards Holistic Dental Care we offer a product called NuCalm for FREE. NuCalm is all natural and puts you into a deep relaxed state of mind through a few simple steps. The first step is to take a chewable dietary supplement (tastes like vitamin C/ Berocca) which contains a proprietary formulation of amino acids which is responsible for rapidly creating a natural relaxation response. The second step is to sit back in the chair and listen to the soothing music through noise-dampening headphones while wearing light-blocking glasses. Deciding to do NuCalm during your dental treatment makes the experience as easy and relaxing as pulling the covers over you and taking a few deep breaths before falling asleep. Be sure to ask us about NuCalm before your next appointment with us, so that we can allocate the correct time for you!

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// FYI: Why Do Humans Like Fizzy Drinks?

gives carbonated water its unique sensation. But if you were an alien studying human taste habits (for the coming food-based invasion?), you might expect carbonated water to be downright repellent: the carbon dioxide in the fizzy drinks triggers pain receptors.

We should ostensibly *hate* that taste of CO₂-based goodness.

Another study shows that increased amounts of carbon dioxide in a beverage can lead to a perceived increase in the coldness of the beverage, while *actually* cooling the water increases irritation. That indicates there's some kind of relationship between carbonated water's "bite" and an enjoyable cooling sensation, although the chemical process underlying the effect isn't totally clear.

We tried to get mice to drink carbonated water - and they don't. They don't like it," says Nicholas Ryba, a senior investigator at the National Institute of Dental and Craniofacial Research. That, Ryba says, indicates there's not a chemical process that naturally draws all mammals to carbonated water. Ditto for horses and other animals, says Bruce Bryant, a senior research associate at the Monell Center, a non-profit research institute for taste and smell. Animals have several CO₂-detecting systems, possibly a gift from evolution for detecting not-so-great stuff that emits carbon dioxide, like rotting food.

One theory why *Homo sapiens*, Bryant says, are the exception to the rule: "There are certain people who enjoy life at the edge." (Lock up these carbonated-water-drinking thrill-seekers immediately, for their sakes and for the public's.)

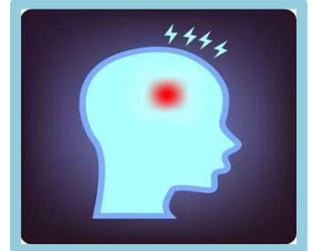
That's actually not a crazy theory, and Ryba agrees it's one possibility. The closest analogy is spicy foods: back in 1997, psychologist Paul Rozin released a paper arguing that spicy foods were an example of people "enjoy[ing] situations in which their bodies warn them of danger but they know they are really okay." Same, the idea goes, for carbonated water and its tingly, mildly irritating effects.

To top things off, Bryant adds: "We're still trying to figure out when people say something's 'refreshing,' what that is."

So the science is a little messy. Oh, well. Enjoy your tasty (?) bubble-water.

// Migraines Linked to Artery Networks in Brain

HealthDay News reported "Migraine sufferers are more likely than other people to have an incomplete network of arteries that supply blood to the brain, researchers have found.



It was once believed that migraines were caused by dilation of blood vessels in the brain, while more recently it has been attributed to abnormal brain signal activity. This study suggests that blood vessels play a different role than previously suspected.

An incomplete network of arteries may increase a person's susceptibility to changes in brain blood flow, contributing to the abnormal brain signal activity that triggers migraines, according to the University of Pennsylvania researchers.

For the study, the investigators used a special MRI method to measure changes in blood flow in the brain, as well as magnetic resonance angiography to examine blood vessel structure.

"People with migraines actually have differences in the structure of their blood vessels -- this is something you are born with," study lead author Dr. Brett Cucchiara, an associate professor of neurology, said in a university news release.

"These differences seem to be associated with changes in blood flow in the brain, and it's possible that these changes may trigger migraine, which may explain why some people, for instance, notice that dehydration triggers their headaches," Cucchiara said.

The study included 170 people in three groups: those with no headaches, those with migraines with aura and those with migraines without aura. An incomplete network of arteries in the brain was found in 73 % of people with migraines with aura, 67% of people with migraines without aura and 51% of those who were headache-free.

Arterial network abnormalities were most common in the back of the brain, where visual images are processed. This may explain why the most common migraine auras consist of visual symptoms such as seeing distortions, wavy lines or spots, the researchers said.

The study was published recently in the journal *PLoS One*.

Because both migraine headaches and the types of arterial structures seen in the study patients are common, Cucchiara's team noted that the association does not prove a cause-and-effect relationship. It is likely that the incomplete network of arteries is just one of many factors that could contribute to migraines, they said in the news release."

At St Leonards Holistic Dental Care we recognise that sometimes the trigger for migraine maybe of a different cause relating to the jaw joint and neck posture. So if you are a migraine sufferer or know someone who is, we suggest a consultation with Dr Charlotte, if only to rule the jaw joint in or out of the migraine equation.

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