

Are your kids at risk of tooth decay?
Do you feel your teeth are wearing away?



Welcome

To our loyal patients and those who are simply interested in their dental health. This is our first newsletter. We will endeavour to bring you interesting dental topics and snippets from news around the world. We hope to inform and entertain you at the same time.

National report drills into Australia's tooth decay epidemic proving it's kids who are at most risk.

Colgate has released new research as part of a national report into tooth decay, entitled The Colgate Cavity Report. Tooth decay is considered to be Australia's most chronic disease for children and is five times more prevalent in children than asthma.

Disturbingly, child oral health in Australia is actually getting worse.

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In the news

Researchers in Brazil found that **individuals with periodontal disease are 5 times more likely to develop asthma** than those without the disease. The study may be found in the *Journal of Periodontology*...while researchers at the Harvard School of Public Health found evidence that **periodontal**



While tooth decay has declined globally since the 1970s, recent data from the Australian Dental Association has indicated an increase of the disease. Since 1997, an increasing trend in tooth decay has become apparent in Australia and it is now Australia's most common health problem, with 11 million newly decayed teeth developing each year.

The Colgate Cavity Report has revealed:

- Almost half (45 per cent) of Australians believe tooth decay is inevitable;
- 58 per cent of Australians believe getting cavities happens to everyone;
- Three in five (61 per cent) Australian adults feel self-conscious about the appearance of their teeth;
- 75 per cent of Australian adults wish they had taken better care of their teeth;
- Only half (48 per cent) of Australians brush their teeth the recommended amount of twice a day;

disease may increase the risk of pancreatic cancer. The study found that males with periodontal disease have a 64% higher risk of developing the cancer.

Video links

Bleeding Gums

<http://youtu.be/waTai8G1yHs>

Oral Hygiene <http://youtu.be/fHXOPun1cOs>

Oral B electric <http://youtu.be/HkdgyXHEboE>



Recipe links

Dentistry is one thing but as my patients know food is my passion. Eating, cooking you name it. I will be introducing you to a few of my favourite meals. This Mexican pork dish is great. If you want less of a smokey flavour substitute the chipotle or ancho chillies with long red chillies. The more the merrier. I used sweet cider as well. Place the pork back into the BBQ sauce. I served it with the slaw but added guacamole, tomato salsas (both red and tomatillo), cheese and sour cream. Enjoy.



<http://www.sbs.com.au/food/recipes/smoky-pulled-pork-and-slaw>

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- 49 per cent forget to brush their teeth before bed;

- Four in ten (39 per cent) Aussies admit they don't know or aren't sure how often it is recommended to brush their teeth in order to maintain good oral health. Dr Susan Cartwright, Scientific Affairs Manager, Colgate Oral Care, believes tooth decay doesn't have to be an endemic issue:

“If left untreated, tooth decay can lead to serious health issues, such as nerve damage, infection and loss of teeth. With such potentially painful effects, why is tooth decay still reported as Australia's most common health problem? It doesn't have to be this way – the Australian Dental Association believes no one should accept the condition as inevitable as it can be easily prevented with a healthy diet and proper dental care.”

The new research has revealed 72 per cent of Aussie parents worry about the appearance of their child's teeth and, by the time a child is ten years of age, 94 per cent of parents are worried about them getting cavities. Despite this, almost half (49 per cent) of Aussie parents still believe getting cavities just happens to all children.



The Colgate Cavity Report has shown that almost half of Australian parents (47 per cent) have had their children experience symptoms of tooth decay in the past 12 months including toothache (23 per cent), sensitive teeth (16 per cent) and infection (10 per cent).

Preventing cavities is a struggle, with 59 per cent of parents finding it difficult to get their children to brush their teeth twice a day and 39 per cent of Aussie parents believing they need to set a better example for their kids when it comes to oral healthcare.

Dr Cartwright raises her concerns and urges parents to set a good oral health care routine for their children as early as possible:

“We know that brushing twice a day drops off in the late teens and early twenties as children start a new phase of their lives, leaving high school, starting university or work, moving out of home. But I cannot stress enough the importance of ensuring your child maintains a proper oral health care routine. Children are at risk of early

childhood tooth decay as soon as their baby teeth begin to erupt. One of the most important health lessons you can give your child is teaching them good daily oral care habits and supervising their oral care routine.”

While there are a number of factors behind tooth decay, a poor or incomplete daily oral care routine and high sugar diet are the top causes. The number one cause is the consumption of sugary foods and drinks on a regular basis. Sugary foods and drinks provide the sugars for decay causing plaque bacteria to thrive. The acids these bacteria produce cause tooth decay.

According to a Credit Suisse Research Institute report on sugar, Australians are amongst the world’s biggest sugar consumers, joining the US, Brazil and Argentina in consuming more than double the world’s average of 17 teaspoons per person, per day. Yet, according to The Colgate Cavity Report , only one in four (25 per cent) Australians believe the major cause of tooth decay is the consumption of sugary food and drinks.

Are your teeth eroding before your eyes?

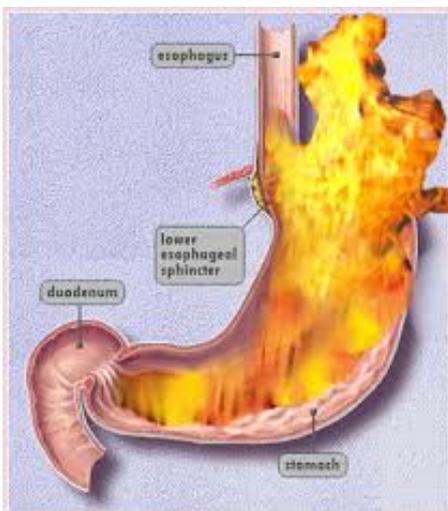
There has been a lot of talk recently about a seemingly new condition known as “acid wear”. Although acid wear has been around forever, it is becoming a bigger problem firstly because of the availability of acidic foods and drinks and secondly because fewer teeth are being extracted so they are needed to function for longer. If the enamel on teeth is exposed to acid a small layer of it is softened.



Acid is produced either externally or internally. Externally, it is consumed in the foods we eat. Foods such as: orange juice, wine, soft drinks and balsamic dressings cause a softening of the enamel on the teeth. Wine tasters frequently suffer from acid wear because the nature of their hobby involves them swishing and holding the wine in their mouth.



The most common origin of internally produced acid is hydrochloric acid from the stomach. It is present in the mouth from reflux or vomiting. The softened enamel is repaired by saliva after a short while.



Scientific evidence shows that brushing your teeth while the enamel is soft removes a small layer of enamel. Once the enamel is gone it cannot be reproduced. This loss of enamel often

causes sensitivity.



FIGURE 2- Clinical appearance of tooth wear in dentin in a 25-year-old athlete due to frequent consumption of acidic sport drinks

If your teeth have been exposed to acid it is important not to brush your teeth straight away. By waiting about an hour or by swishing or drinking some tap water, you are giving the enamel a chance to repair itself. If soft drink or juices are being consumed, drink through a straw and don't hold it in your mouth.

Education is the first step in reducing this problem. The second is repair. If acid wear is in its early stages it is reversible. By using a remineralising agent like *tooth mousse* or *tooth mousse plus* the enamel is hardened. If the wear has progressed beyond the initial stages the only measures that can be done are restorative. The weakened areas can be covered up with white fillings or in severe cases, with crowns or veneers. This will aid in the sensitivity but care will still need to be taken to stop further acid wear.

Feedback

We hope you have enjoyed our first newsletter. Feel free to give us your feedback. Both positive and negative. We always try to improve ourselves.

Here are some smiles to brighten your day.



Did you smile today ?



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