



HUNTINGTON DENTAL GROUP

WILLIAM T MYERS DDS

1306 Commerce Avenue Huntington, WV 25701
304-697-7190

#041

Featured Topics



Dentistry & Diabetes

“Dip” “Chew” &
Smokeless Tobacco

HYDROFLOSS Oral Irrigator

A major contributor to periodontal disease is the accumulation and build up of plaque - that filmy substance that adheres to the teeth and is made up of food debris and living bacteria. Without being removed by brushing and flossing, this 'plaque mass' may become calcified and adheres to the tooth surface even more strongly. An old term for this calcified plaque is 'tarter' - currently referred to as 'calculus'. If this 'calculus' is not removed, it continues to increase in volume and size and then starts to cause problems involving the supporting bone and 'gums'. The **HYDROFLOSS** water irrigation device is an excellent way of getting rid of or reducing the plaque & calculus - it is different because it is hydro-dynamic or hydro-magnetic in design. This device, because of hydro-magnetics (use of magnetic fields and water irrigation) more thoroughly helps break up the plaque and calculus on the teeth and thus improving overall periodontal and oral health.



Gingivitis is inflammation of the 'gums' and is characterized by reddened and sometimes swollen gum tissue which in many cases is associated with bleeding when brushing and flossing. Gingivitis can be eliminated with proper oral hygiene and dental prophylaxis. Periodontitis is the next stage that occurs if the gingivitis is not eliminated. The presence of Calculus is considered a major factor associated with this stage of periodontal disease and infection. Left unchecked, this disease process will continue. Bone loss and recession of the gums then become evident. The majority of adult teeth over the age of 35 are lost because of periodontal disease. One added means of oral hygiene and home care that can greatly assist in removing the plaque and calculus is the **HYDROFLOSS** irrigation device. Studies indicate up to a 44% to 46% greater reduction in calculus volume as compared with the use of regular non-magnetic water irrigation devices.

The Dangers of “Dip” & “Chew”

A Brief Summary Of Harm:

- Sugar in spit tobacco may cause decay in exposed tooth roots.
- Dip and chew can cause “gums” to pull away from the teeth in the place where the tobacco is held. The “gums” do not grow back.
- Leathery white patches, called Leukoplakia (loo-ko-play-kia) and red sores are common in dippers and chewers and can turn into oral cancer.

This newsletter a service of Huntington Dental Group. To be added to the HDG newsletter & e-mail list, send request to:
news@hdgww.com or call 304-697-7190



Calculus on back of lower front teeth



Back of lower front teeth after scaling procedure removing calculus - note the inflamed gingiva

Diabetes: Dental Tips

Diabetes can cause serious problems in your mouth.

If you have diabetes, make sure you take care of your mouth. People with diabetes are at risk for mouth infections, especially periodontal (gum) disease. Periodontal disease can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems. Some people with serious gum disease lose their teeth. Periodontal disease may also make it hard to control your blood glucose (blood sugar). Other problems diabetes can cause are dry mouth and a fungal infection called thrush. Dry mouth happens when you do not have enough saliva - the fluid that keeps your mouth wet. Diabetes may also cause the glucose level in your saliva to increase. Together, these problems may lead to thrush which causes painful white patches in your mouth. You can keep your teeth and gums healthy. By controlling your blood glucose, brushing and flossing everyday, and maintaining regular dental check-up/visits, you can help prevent periodontal disease. If your diabetes is not under control, you are more likely to develop problems in your mouth.



SMOKELESS TOBACCO

WARNING:

This is **NOT** a safe alternative to cigarettes

What is really in Smokeless Tobacco - Spit Tobacco?

- 1) **Nicotine** - an addictive drug
- 2) **Polonium 210** - nuclear waste
- 3) **Formaldehyde** - embalming fluid
- 4) **Cancer-Causing Chemicals** (several)
- 5) **Radioactive Elements**

These are just some of the ingredients Dip and Chew - Spit Tobacco. The toxic chemicals can damage 'gums' and they can also cause mouth **CANCER**.

MYTH: Spit tobacco is a harmless alternative to smoking,

TRUTH: Spit tobacco is still tobacco. In tobacco are nitrosamines, cancer-causing chemicals from the curing process. Note the warnings on the cans.

MYTH: Dip (or chew) improves athletic performance.

TRUTH: A study of professional baseball players found no connection between spit tobacco use and player performance. Using spit tobacco increases your heart rate and blood pressure within a few minutes. This can cause a buzz or rush, but the rise in pulse and blood pressure places an extra stress on your heart. That may actually reduce overall performance.

MYTH: Good gum care can offset the harmful effects of using dip or chew smokeless tobacco.

TRUTH: There is no evidence that brushing and flossing will undo the harm that dip and chew are doing to your teeth and gums.

MYTH: If you Dip or chew for only 5 to 10 years, you won't get mouth cancer.

TRUTH: Long-term users are more likely to develop cancer, but they are not the only ones at risk. Cancers have been found in the mouths of guys who have used the product regularly for as few as six years.

MYTH: It's easy to quit using dip or chew when you want to.

TRUTH: Unfortunately, nicotine addiction makes quitting difficult.

Take Steps To Keep Your Mouth Healthy. Call For An Appointment When You Notice A Problem

If you have diabetes, follow these steps:

- Control your blood glucose.
- Brush and floss every day & use your HydroFloss or OxyCare Oral Irrigator.
- Visit your dentist regularly. Be sure to tell your dentist that you have diabetes.
- If you wear dentures, tell your dentist if they do not fit right or if your gums are sore.
- **If you smoke - QUIT ! Smoking makes gum disease worse.**
- Take time to check your mouth regularly for any problems. Sometimes people notice that their gums bleed when they brush and floss. Others notice dryness, soreness, white patches, or bad taste in their mouth. All of these are reasons to visit your dentist.
- Remember, good blood glucose control can help prevent mouth problems.



An example of soft tissue change in the left 'buccal vestibule' or cheek from use of smokeless tobacco & this may very well be a pre-cancer 'lesion'

