

DID YOU KNOW?

Nome, Alaska, was named Nome due to a spelling error. An 1850's British map maker saw the word "? Name" on a navigational map and thought it was "C. Nome", so it became Cape Nome first, later Nome. Though unsuccessfully changed once to Anvil City, the name remains Nome.

Marias Pass and Marias River were named after Meriwether Lewis' (of Lewis and Clark) cousin, Maria. The map maker left off the apostrophe and the names became read as Marias rather than Maria's Pass and River.

Dental disease can suddenly and unexpectedly lead to the most painful pain reported; dental pain is considered the most intense. Lingering pain after treatment is often due to "neural memory"; it is best to *prevent* a painful tooth problem, and treat it before pain gets worse. It has been found that early treatment leads to quicker pain relief due to less nerve damage. This risk can be prevented through effective daily homecare, including flossing, brushing, fluoride use, and seeing your dentist at least twice a year.

Adults sometimes decline examinations and x-rays thinking it will save them money. This is only a short term benefit since emergency care and treatment of an advanced problem can become a sudden large investment, affect comfort, relationships, sleeping, productivity, and work. Dental disease is not felt in the early stages, when it is easier and less costly to treat. When pain is felt, the disease has progressed to the nerves, which usually means time for root canal therapy and a crown, or removal of a tooth. A filling done early may cost under \$200. Allowing disease to progress silently (cavity or gum disease) can lead to discomfort, frustration, inconvenience, loss of teeth, and implant fees over \$6,000 for one tooth. When tempted to say, *"Everything feels fine, I don't need an examination or x-rays"*, think twice; we do not feel high blood pressure, cancer, and many serious afflictions in the early stages. Help dentists to keep your negative experiences and costs down through early detection of problems.

Dental disease and damage can be easily prevented, unlike many other diseases. It takes an interest, being proactive, and spending about 6 minutes a day. Self-neglect is most often what makes dental treatment costly and memorable, preventing oral health problems is easy.

Many adults create a cycle of dental avoidance, due to fear, embarrassment, cost, and/or pain. When preventive dental care is avoided, the cycle is repeated and reinforced. Stop the cycle and achieve and maintain good oral health.

Oral disease, which is often not felt, has been shown to directly contribute to heart disease, respiratory disease, diabetes, multiple organ damage, high cholesterol, low birth-weight and pre-term births. Dental cleanings and good dental home-care directly benefit your whole health and improve quality of life. Our health and comfort is very important.

DID YOU KNOW...?

Your oral health directly affects your total health? Over 80% of the U.S. population has periodontal (gum) disease and about 80% of them do not know it? Gum disease can cause premature births and low birth weight babies? Gum disease organisms get into your blood and can affect your heart, blood vessels, kidneys, and many other organs? *C-reactive protein*, found in your blood, is a marker for chronic inflammation and is much higher in people that have gum disease? Gum disease increases the risk of death in people with diabetes? If you exercise, diet, take statin drugs to reduce your cholesterol, vitamins, etc., and do not take the time for good oral health, you are reducing their benefits?

Type 2 diabetes (adult onset) is increasing and it is a known fact that gum disease makes it worse. About 70% of diabetics die prematurely due to cardiovascular or kidney disease. Not long ago physicians felt heart attacks were mainly due to fat deposits in the arteries caused by cholesterol. The assumption was, and is still, that everyone with high cholesterol is at greater risk of heart disease. However, it was discovered that more than half of all heart attacks occurred in people with normal or low cholesterol. New research shows a strong correlation with chronic inflammation and heart disease, cancer, diabetes, asthma, kidney disease, and Alzheimer's. Keeping the mouth clean by flossing and brushing thoroughly each day, and being seen regularly for professional cleanings, can reduce the risk of gum disease which is a major source of chronic inflammation and contributes to the severity of many diseases..

We have over 400 types of bacteria, fungus, and virus that live happily in our mouths. Many are necessary but there are some specific types that are bad. We know that if populations of people get too large problems often occur. Gangs fight other gangs, wars occur, people die, infrastructures collapse, lemmings jump into the ocean. The over-population of organisms in the mouth creates problems, also. Organisms attack the gums and teeth, kill off good colonies, cause the body to fight back with its defenses, and some of them jump off into the bloodstream. Periodontal disease is an indication the bad element is winning. We need to reduce the populations of bad organisms or our oral and general health can deteriorate.

Most people do not know they have periodontal disease because it is usually painless. Similarly, most people do not know they have high blood pressure, cancer, AIDS, diabetes, and many other ailments because there are typically no symptoms in the early stages of disease. When symptoms occur the problems are often in the advanced stages. There are some simple things you can do for your oral health that do not require pills, a major change in lifestyle, diet, or exercise.

What are signs of gum disease? BLEEDING GUMS when you brush or floss. RED or SWOLLEN GUMS are from the extra blood vessels needed to fight the disease. SORENESS when you brush or floss is caused by the swollen nerves in the infected areas. LOOSE or SENSITIVE TEETH are caused by inflammation or destruction of bone and gums. RECEDING GUMLINES from bone infection make your teeth look longer. BAD BREATH can come from the accumulation of bad, smelly bacteria, pus, and dying gum tissue. Sorry for the gross descriptions but what you don't know, and can't feel, can hurt you.

What can you do? First of all see your dentist to find out if you have gum disease, what stage it is in, learn about the disease, and what you can do about it. Your dental team can only help you if you help yourself so you will have some homework to do. Perhaps as much as six minutes a day, two of which you can do while watching TV. Better oral health may require that you do things a little differently, with a little more thought, but it doesn't take much time.

When you see your hygienist for a cleaning, realize that it is not done solely to make your teeth look cleaner. It is for control of disease and to help you maintain good oral health. Your teeth are polished with a fine pumice to help remove stain, but stain does not cause disease. Your hygienist is improving the health of your whole body by removing organisms that live under the gums and between teeth, getting into places you may be missing that harbor mass quantities of bacteria, and tarter. If it makes your gums sore don't blame the hygienist. Soreness is usually due to your bacteria causing inflammation, from improper brushing, lack of regular flossing, and too much time between professional cleanings. People

that do their homework each day, and are seen regularly for cleanings, often say that cleanings feel good.

Treat yourself to good oral health. When you think about what your hygienist is doing for you and your health they really deserve some thanks.