

# Louis Siegelman, DDS

Produced to improve your dental health and awareness

from the dentist

As my family recently grew by one with the birth of my first grandchild, my mind turned to the importance of family, and my family of dental patients.

Just as my family is the core of my personal life, your family is the center of my professional life. As we add to our practice family with your referrals, these new additions bring with them the joy and anticipation of change and growth together – something I will always be thankful for.

From our families to yours ... our wish is that you and yours herald in the new year with fun, frolic, and happy, healthy smiles.

*Yours in good dental health,  
Dr. Louis Siegelman*

## How Diabetes Can Affect Your Smile

Over 9.3% of the population living in the USA have diabetes. Diabetes affects your body's ability to process sugar. The sugar in the food you eat is used for energy. In Type I diabetes, the body doesn't make enough insulin, a hormone that carries sugar from your blood to the cells that need it for energy. In Type II diabetes, the body stops responding to insulin. Both cases result in high blood sugar levels, which can cause problems with your eyes, nerves, kidneys, heart and other parts of your body.

So, what does this have to do with that smile of yours? If diabetes is left untreated, it can take a toll on your mouth.

### **Here's how:**

- You may have less saliva, causing your mouth to feel dry. (Dry mouth is also caused by certain medications.)
- Because saliva protects your teeth, you're also at a higher risk of cavities.
- Gums may become inflamed and bleed often (gingivitis).
- You may have problems tasting food.
- You may experience delayed wound healing.
- You may be susceptible to infections inside your mouth.
- For children with diabetes, teeth may erupt at an age earlier than is typical.

People with diabetes are more prone to gum disease. This chronic, inflammatory disease can destroy your gums, all the tissues holding your teeth and even your bones. As with all infections, serious gum disease may cause blood sugar to rise. This makes diabetes harder to control, thus making you more susceptible to infection and less able to fight the infection invading in your gums.

Regular dental visits are important as well as practicing good oral hygiene and professional cleanings done by your hygienist.

# Those Dreadful Cold Sores

Did you know that 6 out of 10 people have the cold sore virus? The initial infection of the virus (herpes simplex virus 1) often starts when one is young and can easily be mistaken for a cold. The virus lies dormant in the body until a trigger, such as stress, fatigue, menstruation, trauma to the lips, or illness activates it and then causes painful blisters to develop around the lips. It is a highly contagious virus. The virus generally evolves over five stages: the tingle stage (1-2 days), the blister stage (day 3), the ulcer stage (day 4), Then there is the crusting stage (days 5-8) and the healing stage (day 8 and beyond). Once you get a cold sore, they can take a long time to resolve. A physician or dentist can prescribe medications to minimize cold sore outbreaks & prevent them from spreading such as acyclovir (*Zovirax*®), an antiviral medication that can shorten how long you have the virus.

If you develop a cold sore before seeing your dentist/hygienist, it is best that you reschedule your appointment. Dental care can not only be uncomfortable for you while the cold sore is present, but the virus is highly contagious to others.

You can also spread the cold sore virus at home. Avoid kissing others and sharing utensils, razors, drinking glasses and towels. Also be sure to wash your hands regularly and avoid touching the blisters (you can spread them to other parts of your body). Be sure to replace your entire toothbrush after having a cold sore.

Talk to your dentist and primary Dr. about recommendations and treatment options.

## Stressed Out?

### Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body's immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don't rely on your memory... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!

## Terrific Turkey

There is nothing like leftovers after a fulfilling turkey feast. Go beyond boring sandwiches and make a delicious and nutritious soup that's a perfect fit for shorter days and cooler nights. Add pearl barley for a fiber-rich and nutritional punch.

### You Need:

- 8 cups prepared no-sodium chicken or vegetable broth (or make your own)
- 2 cups leftover cooked turkey, shredded
- 1/2 cup uncooked pearl barley
- 1 tsp lemon pepper seasoning
- 2 cups leftover vegetables, cut up (peas, broccoli, beans, and carrots are colorful and delicious!)

**Method:** Add all ingredients to large Dutch oven, heat to boiling, then simmer 20-30 minutes until barley is tender. *Enjoy!*

# Chocolate *The Guilty Pleasure*

Chocolate is one of the nation's most loved treats that millions indulge in everyday for its rich, sweet and delicious taste. For many years, it has gotten a bad reputation as being bad for us, causing weight gain, (due to the high fat/sugar content), acne and diabetes. But the next time you crave a piece of chocolate, you may not have to feel guilty about it as studies have shown it can be part of a healthy diet with potential health benefits.

Chocolate is made from cocoa beans which are believed to contain more than 300 compounds that are beneficial to our health. They also have flavonoids and flavones which are antioxidants and are known to destroy free radicals (chemicals that can cause damage to our cells, contribute to heart disease, cancer and many other diseases) in the body.

The darker the chocolate, the more flavonoids and flavones it contains. That's why dark chocolate is better for you than milk chocolate, which contains a high sugar

content and full-fat cream.

Milk chocolate has also been proven to cause cavities and gum disease if consumed in high amounts.

**The potential benefits of eating dark chocolate may include:**

- Lowering cholesterol levels
- Preventing memory loss
- Reducing the risk of heart disease & stroke

While studies suggest there may be perks to eating dark chocolate, it should be noted that they're not conclusive and research is on-going.

So remember, just like anything else, it's best to consume in moderation!

## Diet And Your Dental Health

Your mouth, teeth, and gums are more than just tools for eating. They're essential for chewing and swallowing - the first steps in the digestion process. Your mouth is your body's initial point of contact with the nutrients you consume. So, what you put in your mouth impacts not only your general health but also that of your teeth and gums. In fact, if your nutrition is poor, the first signs often show up in your mouth.

### **Foods That Benefit Dental Health:**

Cheese, milk, plain yogurt, calcium-fortified tofu, leafy greens and almonds, are food that may benefit tooth health thanks to their high amounts of calcium and other nutrients they provide. Protein-rich foods like meat, poultry, fish, milk, and eggs are the best sources of phosphorous. Both of these minerals play a critical role in dental health, by protecting and rebuilding tooth enamel. Fruits and vegetables are good choices for a healthy smile since they are high in water and fiber, which balance the sugars they contain and help to clean the teeth. These foods also help stimulate saliva production, which washes harmful acids and food particles away from the teeth and helps neutralize acid, protecting teeth from decay. Plus, many contain vitamin C (important for healthy gums and quick healing of wounds) and vitamin A (another key nutrient in building tooth enamel). Water is the most and best tooth friendly beverage.

# Tobacco Risks On Oral Health

Every knows that smoking is bad for your health, so it should be no surprise that cigarettes and chewing tobacco are also harmful to your oral health. For one, tobacco products can cause bad breath, but that's only the beginning.

Other possible oral health impacts of smoking and all tobacco products include:

- Stained teeth and tongue
- Dulled sense of taste and smell
- Slow healing after a tooth extraction or other surgery
- Difficulties in correcting cosmetic dental problems
- Gum disease
- Oral cancer

Quitting is the only way to decrease your risk of these and other tobacco related health problems. The addictive quality of nicotine, which is found in cigarettes, cigars and chewing tobacco, can make this especially difficult. That's why it's important to have a plan and a support network of people to help you stick to your plan.

The Surgeon General's office has a free, easy to read, illustrated booklet that is designed to give concerned adults information to help them make choices that will improve their own health and the health of their children, their families, and their communities. For more information, visit the Surgeon General's website.

## Fight That Cold

### With a new brush

We recommend our patients change their tooth brushes every three months, with the seasons and even sooner if you've recently had an infection such as sinusitis, pneumonia, or upset stomach.

A study demonstrated that these bacteria can stay on the toothbrush, and remain there for up to a month!

Make sure to buy a soft-bristled replacement toothbrush with round-ended bristles which are easier on your enamel and gums. Hard, worn, or frayed bristles can actually damage your gum tissue. Powered toothbrushes are more effective at removing plaque, and are ideal for people with arthritis or other health conditions.

We already know that regularly replacing your toothbrush is good for the health of your teeth and gums – fighting infection is just one more reason to invest in a new toothbrush!

## office information

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**COMMUNICATION IS IMPORTANT  
TO US – DON'T BE  
AFRAID TO ASK QUESTIONS!**

## Your Newsletter

**Proudly brought to you  
by Dr. Siegelman  
and Team**

Dr. Siegelman would like to thank all of his patients for their wonderful feedback and is very pleased to know that his patients find the newsletter to be educational and informative. He wanted to let you know that his newsletter is produced by his very own hygienist, Melissa working with Louise at Patient News.

If you have any topics you would like to see in an upcoming newsletter please contact the office and Melissa will work on getting your ideas included.