



Complete Family Dental Care
in the heart of Westmount

Forest City Dental's BITS 'N' BITES

Produced for the Patients of Dr. David E. Rawson, Dr. Keith J. Luzzi & Dr. Stephen M. Truswell

Winter 2005

Sleep Disordered Breathing

How your dentist can give you a better night's sleep and healthier and longer life!

We are pleased to share with you news of our ever expanding special interest practice in the Annex across the hall.

We recently acquired state of the art technology which can accurately measure airways in an effort to help patients with sleeping problems. It's actually a very expensive "Fish Finder" as this safe and non invasive machine uses sound waves to measure the size of your throat and airway. We can determine if you are in danger of not getting enough air as you sleep. Two conditions are our concern when we check for Sleep Disorders

1. Snoring is the noisy flapping of throat tissues as you breathe in your sleep. Usually the "snorer" is hardly aware of his\her habit. The "snoree" (bed partner) however is often kept awake trying to hide under the covers.

2. Sleep Apnea is the more serious condition where one stops breathing for 10 seconds or more. When these "still periods" happen many times an hour, the patient is more prone to Stroke and Heart Attack. Sleep Apnea is a medical condition which needs to be diagnosed in a medical environment. This requires a night in a Sleep Laboratory, usually in a hospital or officially approved

facility. If you are diagnosed with an elevated Apnea Index, you are counseled to lose weight, if required; restrict alcohol after dinner; stop smoking and increase exercise.

Most patients are then sent for possible surgical correction of impaired airway by Tonsil\Adenoid removal, soft tissue surgery of the soft palate and\or nose surgery. If none of these are suggested or accepted by the patient, usually the choices are CPAP or Dental Device.

A. Constant Positive Airway Pressure (CPAP) is a facemask hooked up to a portable air pump which delivers room air under pressure and thereby inflates constricted airway tissues. Most patients start with this device as it is non-surgical and easy to use. Soon however, the glamour of hooking yourself up to a mask and tank loses its' appeal especially if you share a bed with someone. People who travel a lot for work also find it cumbersome.

B. Dental Devices may be suggested as an alternative to



CPAP. The dental profession has been making these for years but until the technology that our office now has, there was no way to determine in advance if a particular dental appliance would actually work. We hate to guess at our treatments. Luckily, we can now determine the best jaw position to help our patients as they sleep.

Once a patient is diagnosed with Sleep Apnea in a Sleep Study, we have the equipment to send our patients home for a home based follow up sleep study to evaluate our appliances. The attraction for patients is that they need not return to a hospital or sleep lab where a normal nights' sleep is often not achieved. We use the "Watch-pat 100", a miniaturized computer sleep lab which straps to your arm with Velcro as you sleep.

The prevalence of periodontal disease among obese individuals aged 18-34 years was found to be 76% higher than for normal weight individuals in this age group.

For middle and older age groups, researchers found no significant association between body weight and periodontal disease.

Dietary trends towards less raw fruit and vegetables (sources of vitamin C) and decreased calcium consumption, along with increased intake of fast foods and beverages, may provide part of the answer.

Obesity & Oral Health

Researchers have found that obesity could be a potential risk factor for periodontal disease, especially among younger individuals between 18 and 34. Body mass index and waist circumference were used to indicate obesity.

Both obesity and periodontal disease have the potential to take away a person's confidence, smile, and good health.

What To Look For

You can have periodontal disease without symptoms – that's why we check for it during every dental exam. If you answer "yes" to any of these questions, you may have, or be at risk for, periodontal disease.

- ① When you brush, do your gums bleed?
- ② Do you have red or swollen gums?
- ③ Is your gumline receding?
- ④ Do you have bad breath all the time?
- ⑤ Do you smoke or chew tobacco?
- ⑥ Do you have diabetes or heart disease?
- ⑦ Do your partial dentures no longer fit properly?
- ⑧ Do you have missing teeth, or have you developed spaces between them?

Your Smile Foundation

Let's face it. Most people are concerned about the appearance of their smile. In fact, in one survey, 80% of participants wanted to improve their smiles. We can give you a more attractive smile with procedures like porcelain veneers, gum sculpting, and dental implants.

But first things first... Appearance and oral health are inextricably linked. **Pink, healthy gums** and a strong, supporting bone structure – both key elements of optimal periodontal health – are essential before any cosmetic procedure will

have the dramatic impact you desire.

Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from *harmless* bacteria to *harmful* bacteria that form a film called plaque. Without **regular brushing and flossing**, plaque accumulates and will transform into rock-hard tartar that can *only* be removed by dental professionals. Periodontal pockets develop and house an over-proliferation of bacteria which wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which

immune factors in the body attack a person's own cells and tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis. Obesity, stress, poor nutrition, and smoking are all contributors to periodontal disease.

Brushing, flossing, and **regular checkups** are the building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic dentistry options, but we want you to have a healthy foundation first.





Andropause was first identified in the 1940s. It has been called the male menopause, the male climacteric, and viropause. It is a normal stage of male development characterized by gradual hormonal, physiological, and chemical changes that can begin by age thirty-five or as late as age sixty-five. These changes can occur over many decades, and may be accompanied by changes in attitudes and moods, fatigue, and a loss of energy, libido, physical agility, and strength.

This decline in hormonal levels can put men at risk for health problems like cardiovascular disease and osteoarthritis, both of which have been linked with periodontal disease. We

always encourage women to pay particular attention to their periodontal health during hormonal fluctuations that occur throughout their lives ... and it's no different for men.

In North America it is estimated that over 25 million men are going through **andropause**. By 2020, there'll be approximately 58 million. Periodontal disease is the greatest cause of tooth loss among all adults, and its links with systemic diseases is well documented. Remember, maintaining your periodontal health is always very important.

Your family physician can help with information, diagnosis, and treatment if the symptoms of **andropause** are problematic for you. Lifestyle approaches such as optimal diet, regular exercise, and stress management, as well as a reduction in tobacco and alcohol intake, are all excellent prescriptions for good oral health.

Post-Prandial Protein: The Stress Buster

A little stress can help improve performance. A little too much can impair it. Stress can also affect your overall and periodontal health by altering hormonal levels, and by lowering your resistance to gum disease and related illnesses. Stress-

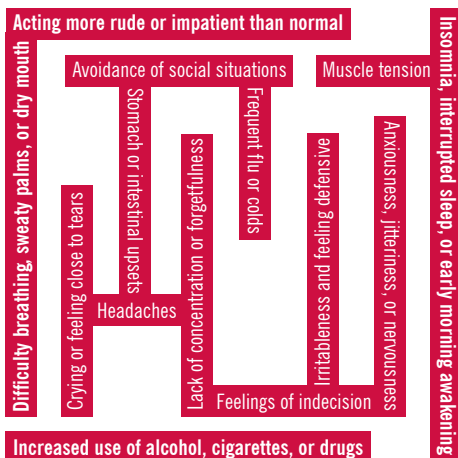
induced fatigue can interfere with your regular dental home care.

If you can stave off weariness, you can help fight stress. A high-protein lunch can produce stable blood levels and prevent afternoon tiredness - the post-prandial plague.

There is no right way to handle pressure; you need to find out what works for you. Stress can increase your risk of health problems including periodontal disease, so it is important to develop your own effective recipe for relief.

STRESS TEST

If you've noticed any of these feelings lately, you may wish to consult with your family physician to eliminate possible underlying physical causes and to recommend a program of lifestyle therapies.



range You Glad You Asked?

Less is more for preserving teeth & gums

No matter how careful you are with your brushing technique, research has shown that many people brush too hard, potentially causing damage to tooth enamel and gums. The force you apply to your toothbrush may feel reasonably light, but the pressure is actually much greater because you are applying it to a very small area.

Since it's practically impossible for the average person to guess how much pressure they are applying, the weight of an orange has been suggested as a comparison for the ideal pressure of 150 grams or about 5.3 oz. We know that holding an orange in one hand and brushing with the other is unrealistic, so we recommend that you ask us at your next appointment for training in the correct brushing, flossing, and pressure techniques!

The Epworth Sleepiness Scale

The Epworth Sleepiness Scale (ESS) was developed and validated by Dr. Murray Johns of Melbourne, Australia. It is a simple, self-administered questionnaire – widely used by sleep professionals in quantifying the level of daytime sleepiness.

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling ‘just tired’? This refers to your usual way of life at present and in the recent past. Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation.



- 0 = would never doze
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation **Chance of Dozing**

- Sitting and Reading _____
- Watching television _____
- Sitting, inactive in a public place (e.g., a theater or a meeting) _____
- As a passenger in a car for an hour without a break _____
- Lying down to rest in the afternoon when circumstances permit _____
- Sitting and talking to someone _____
- Sitting quietly after lunch without alcohol _____
- In a car, while stopped for a few minutes in traffic _____

Total Score

- 0 – 8: You are getting a good night's sleep.
- 9 – 15: You may be able to improve the quality and/or amount of your sleep.
- 16 – 24: Call our office for a “sleep consultation!”

officeinformation

Forest City Dental

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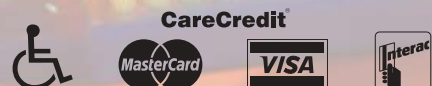
Office Staff

Administrative Team

Suzie, Beverly

Clinical Team

Marina, Jennifer, Debbie, Karen, Connie, Janice, and Ruth



Name That Clinic Contest

One of our biggest problems since we opened the “Annex” over two years ago was to give it a proper name. We are now inviting our patients to submit their ideas. We want to incorporate the concepts of functional therapies which incorporate Orthodontics, TemporoMandibular Joint Dysfunction (TMD), Sleep Dentistry and general healthy living including Nutrition.

Possible names could be similar to The Growth and Development Centre or Holistic Health Centre etc.

Send your ideas in by February 28th, 2005. The winner will win *Dinner for Two*.

Two For One!

Many of our patients being treated for Jaw Joint problems (TMD) are required to wear an appliance in the night to hold their jaws in a healthier position. Often we find that snoring is also eliminated. Now we can follow these patients to determine the best jaw position for overall health.

