5 ways to preserve your teeth as you age
For all intents and purposes, we really get only one shot to take care of our teeth. The good news is, science and research have taken a front seat in dental education, making today’s dentist savvy on “prevention” dentistry rather than “drill, fill and bill” mentality of decades ago.
Things like adhesive dentistry, decalcification and dental implants have given dentists more options. But for many patients, it’s a lot of information to process.
Have are five ways you can ensure that you hang on to your teeth as you age:

Educate yourself on dental care
Dentistry today has taken a much more conservative approach. But it can be hard to know what your options are. Here are some key points that you should know about dental treatment.
Small cavities can be decalcified. Strong doses of fluoride or something called MI Paste, applied directly to small cavities can actually decalcify or rebuilds the enamel, removing the need for a filling.

Use an electric toothbrush
In dentistry, the electric toothbrush has been one of the biggest advances in the home dental care. Ninety-nine percent of patients don’t really know how to brush with a manual brush and, more important, don’t brush for the full two minutes needed.
The dental screening that could save your life Electric toothbrushes remove the confusion and have a timer to ensure that the full brushing is done at each session. Improper brushing can lead to plaque buildup, swollen gums, cavities and overall poor oral health. The sonic brushes remove plaque and get into hard-to-reach places like in between teeth and under the gums to ensure a healthy mouth.

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5 things to do at the dentist’s office
That said, the key to decalcification is early detection. Regular dental visits and staying on top of your annual x-rays are crucial to early detection.
Fillings, crowns or any dental restoration should be replaced or heavily scrutinized every eight years, as recommended by the American Dental Association.
Some patients are of the “if it ain’t broke, don’t fix it” era. But the reasoning behind this advice is to eliminate the spread of recurrent cavities that lurk under dental restorations.
The longer you want to replace dental restorations, the more problems you can run into. If the decay spreads undetected, it may eat up too much healthy tooth structure and need the support of a crown or reach the nerve and need a root canal.
Make sure your children are getting fluoride treatment until at least the age of 15. Kids especially, consume a lot of sugar, which breaks down into a byproduct of acid that erodes teeth, quickly causing cavities. Fluoride is a great treatment in rebuilding enamel and neutralizing those acids.

Eat nuts, live longer
8 sneaky things that may feed obesity

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If you grind or clench, wear a night guard
Grinders can wear away a millimeter of tooth structure per year if undiagnosed. Clenchers may not see any immediate signs of wear on their teeth, but the pressure that clenching puts on your teeth is destructive. It slowly breaks down the supporting bone around the teeth, leading to gum recession, bone loss and inevitably tooth loss. If you feel that you may fall into either of these categories, you should be wearing a night guard.

Know what oral hygiene regimen is right
Today, there has been a lot of money and research into better oral care products. But understand that there is an actual regimen of toothpaste, mouth rinse and “extra-care” products that’s right for you. The first step is defining what “type” of patient you are, I like to break it down into four basic types: cavity-prone, sensitive, strainers and those with bad gums.

Baby’s teeth: What you should know
You can ask your dentist which category you fall into. Each product in the sea of dental products in the drugstore has key ingredients tailored for each category of patients. Using the right oral care products can make a big difference in the longevity of your teeth.

Choose the right dentist
Fortunately – or unfortunately – your dentist has a lot to do with the preservation of your teeth. Make sure your dentist is up on all current research and his office is updated and state-of-the-art, but most important, make sure your dentist is taking time and looking after you. It sounds simple, but it’s probably the most important item on your checklist.

Eat nuts, live longer
Hungry? Grab a handful of nuts. Not only are they packed with protein, but it turns out they may be the food for longevity. That’s the conclusion of the largest study to date looking at the relationship between eating nuts and longer lives. Nuts are high in unsaturated fats, protein and vitamins, as well as antioxidants that are thought to be linked to a lower risk of heart disease. Researchers from Brigham and Women’s Hospital and Harvard Medical School looked at nut consumption and deaths from all causes among 76,464 women participated in the Nurse’s Health Study and 42, 498 men involved in the Health Professionals Follow-up Study. They asked the participants about their nut consumption. Those who reported regularly consuming nuts were less likely to die from variety of diseases, most significantly cancer, heart disease, and respiratory diseases. People who ate nuts seven or more times a week, in fact, enjoyed a 20% lower death rate after four years than individuals who did not eat nuts. Nut eaters also tended to be leaner, more physically active, and non-smokers.

Source: http://www.cnn.com
8 sneaky things that may feed obesity

Ask the average person what causes obesity, and you’ll likely get one of these basic answers:

1. “Eat too much!”
2. “Not exercising enough!”
3. “Genes”

While each of those answers may be accurate in its own way, there are other, more surprising, factors that have been linked to obesity, too. No one factor is responsible for obesity, and it’s often difficult to prove a direct cause-and-effect relationship. But these sneaky-like-a-thief things might be stealing your family’s good health.

### Air Pollution

It doesn’t just hurt your lungs: A 2012 study found that prenatal exposure to high levels of polycyclic aromatic hydrocarbons (PAHs) in the air made children twice as likely to be obese by age 7.

The takeaway? If you’re pregnant steer clear of car exhaust and smoke from cigarettes, fireplaces and barbecue grills as much as possible.

### Altitude

The closer you live to sea level, the heavier you’re likely to be, found a study published in the International Journal of Obesity. In fact, people living at elevations below 1,640 feet were 5.1 times more likely to be obese than people living above 9,843 feet. Researchers think the “increased metabolic demands” of living at high elevations may be behind the phenomenon.

The takeaway? If you’re livin’ low, there’s not much you can do to change your altitude, but… Why not take a ski vacation? Couldn’t hurt!
8 sneaky things that may feed obesity (cont.)

**Antibiotics**
According to a 2012 study, there’s correlation between obesity and early use of antibiotics in children. A study on mice resulted in similar findings. Researchers believe it might be due to how antibiotics change gut bacteria.

The takeaway? Talk with a doctor before giving children antibiotics—or even taking them yourself. Discuss ways you can normalize your gut bacteria while on antibiotic therapy.

**BPA**
A 2013 study found that children with high levels of BPA (a chemical found in lots of plastic products) had increased odds of obesity—and earlier research has found the same to be true for adults.

The takeaway? Limit your exposure to items that contain BPA - and that means not even touching them, since BPA is easily absorbed through the skin. And beware of buying bottles and sippy cups at garage sales and consignment stores, since they may predate the FDA’s 2012 ban of BPA.

**Car dependence**
As one 2012 study points out, driving is sedentary behavior - and more sedentary behavior – and the more sedentary you are the greater your obesity risk.

The takeaway? If your destination’s five blocks away or closer, walk. Even if your daily commute is long, you can walk pathway to work too.

**Fast-food Salads**
Salads from several food chains have been found to contain 1,200 calories or more – including some that contain sounds-good-for-you grilled chicken. As a result customers consume way more calories than they’d bargained for, and more calories equals potential weight gain.

The takeaway? Get over the idea that the word “salads” automatically means” healthy.”

**Gut Bacteria**
Research has found that people whose intestines lack “microbial diversity” have a higher risk of weight gain. Translation: The more kinds of bacteria you have in your gut, the lower your risk of obesity.

The takeaway? Read up on probiotics and think of ways you can work them into your regular diet. (Kefir, anyone?)

**Lack of sleep**
According to a 2013 study published in Nature, sleep deprivation both motivates us to eat and blunts our ability to make good choices – a combination that can contribute to obesity.

The takeaway? Come hell or high water, get your eight hours

Source: http://www.cnn.com