



Principals: Dr Jennifer Levecke B.D.Sc. Dr William Levecke B.D.Sc. Dr Wynne Yip B.D.Sc.

NEWSLETTER

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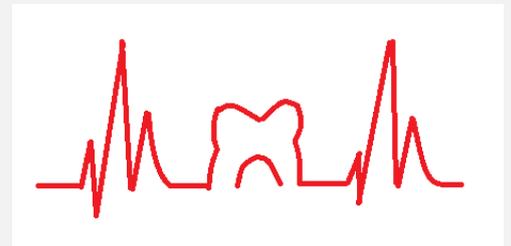
Dentistry and General Health *by Dr Jenny Levecke*



Have you ever wondered why you are regularly asked by us about your general health and medications? It's not because we are nosy and prying into your private life.

It's because the oral cavity is part of the human body and all parts are connected in some way.

Your health, or illness, may affect your oral condition or vice versa. Likewise, the treatment you are receiving and the medications you are taking may impact on your oral health or the treatment we aim to provide for you.



Most of these complications

can be managed easily if we know about them BEFORE we commence treatment. So, to make things easier for all please bring a list of your medications to each dental visit.

We care about you and strive for the best possible outcomes for you, so it's important you inform us about your general health condition, including any treatment you may be receiving. This information is managed with the strictest confidence.

So next time we ask "How are you?" we hope you'll understand why we really need to know.

Here are just a few common examples:

- ☼ Pregnancy and hormone treatments can make you more susceptible to gum inflammation
- ☼ Poorly controlled diabetes can make it more difficult to get your gum disease under control
- ☼ Gum disease can make it harder to control your blood sugar levels
- ☼ Many medications for blood pressure, anxiety and depression can cause a dry mouth which increases the risk of tooth decay
- ☼ Treatment for osteoporosis may lead to higher risks of complications following tooth extraction
- ☼ Aspirin, fish oil and other anticoagulants can result in excessive bleeding
- ☼ Smoking increases the risk of developing gum disease and oral cancer and can interfere with post-operative healing

Maintenance of Dental Implants *by Dr Will Levecke*

Many of our patients have seen the wonderful benefits of dental implants to replace one or more teeth, or to help with the retention of dentures. Dental implants are capable of high success rates over the long term but they are not immune to problems. Many of the significant risk factors are up to our patients to control.

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Teeth and dental implants are unusual in the body as they both breach the body's outer defenses in passing from the outside to the inside. Teeth have a special tissue to help maintain this, the periodontium, where our immune system fights the ingress of bacteria into our tissues including the bone of the jaws. Implants do not emerge from the bone through the gum via a periodontium. The mucosal cuff around a dental implant is more like a rubber band sealing off. Once bacteria breach this seal they are in direct contact with the supporting bone. This can lead to rapid bone loss and eventual loss of the implant. Preventing the ingress of bacteria (plaque) via good home oral hygiene practices and early recognition of problems is essential for the long-term maintenance of implants.

How do you clean dental implants?

Cleaning of implants starts with good brushing, preferably with an electric tooth brush. This is followed by thorough flossing. It is important to use a teflon type floss, such as Colgate Total, which will not fray and leave fragments under the mucosal cuff.

The floss is wrapped partially around the crown and gently slipped under the cuff.



When we restore an implant we ensure that we teach our patients the correct flossing technique. At recall visits our hygienists also review the flossing technique as we are convinced it is critical to the long-term success of a dental implant. Bridges will require special techniques.

How do your dentist and hygienist maintain your implants? At your regular examination appointments, we review the tissues around the implants (the tightness, texture, colour, susceptibility to bleeding), the presence of plaque, or worse still, pus in the mucosal cuff. We may from time to time take an X-ray to look at bone levels around the implant. If we detect an issue, we will go through your cleaning techniques and may consider referrals to a periodontist for management. Early recognition and aggressive management of the problem is essential to reduce the chances of the implant being lost.

INTRODUCING THE SUGARDEMIC

Eating too much added sugar over time is linked to serious health problems, including Obesity, tooth decay and chronic diseases such as Heart Disease, Type 2 Diabetes and Liver Disease.

OBESITY

- Two thirds of Australian adults are overweight or obese.
- A quarter of our children are overweight or obese.
- The cost to the nation is projected to be in excess of \$87.5 billion over the next 10 years if no action is taken.

TYPE 2 DIABETES

- Almost 2 million Australians have diabetes, the vast majority Type 2.
- Type 2 diabetes (previously called Adult-onset diabetes) is on the rise in children and young people.

TOOTH DECAY

- More than 50% of Australian children have tooth decay.
- Tooth decay costs around \$4.6 billion per year in direct health expenditure.

www.sugarbyhalf.com

“SUGAR BY HALF”

Recently, Khanh, Jenny and Will attended a lecture by Dr Peter Bruckner OAM, former sports physician with the Australian cricket team and Liverpool Football Club. He spoke of his journey towards a new way of thinking about diet and chronic inflammatory diseases. We found his lecture fascinating as well as challenging. Together with a team of well-respected academics and professionals he has setup the not for profit organisation, Sugar By Half, to help people cut down on added sugar and create a healthier world for ourselves and our kids.

The Facts

- We are consuming 22kg of added sugar each year
 - There is a direct link between sugary drink consumption and obesity, dental cavities and Type 2 diabetes
 - 1 in 3 Aussie kids will be overweight or obese by 2025.
 - There are now 42 million obese children in developed countries between the ages of 0 and 5
 - Adult-onset diabetes (Type 2 diabetes) is on the rise in children and young people
 - Half of Australia's 12-year-olds have tooth decay in their adult teeth. More than half of 6-year-olds have decay in their baby teeth
 - Today, 280 Australians will be diagnosed with all types of diabetes
- Blackburn Dental Group** encourages you to check the website, www.sugarbyhalf.com and we welcome any discussions you may have on this very worthy health promotion activity.

If you enjoy reading our Newsletters please visit our website to read more blackburndentalgroup.com.au