

The MOUTHPIECE

News from Dr. David Matthews Dental Group, LLC

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Good Dental Health = A Longer Life

- A message from Dr. Matthews

Most people know that maintaining good dental health into old age has many benefits. Those most important include comfort of the teeth and gums and the health of your entire body since infections in the gums and mouth can cause heart problems, brain infections and other infections in the body. Also important is maintaining a better appearance and the ability to chew your food. A recent study confirms that good dental health can add years to your life.

One recent study included 1,929 elderly people living in a large Japanese city. This group was followed for six years, and their average age was 79.7 years. In general, those people who had the worst dental health at the beginning of the study had a higher mortality rate. Specifically, the mortality rate of those without teeth who did not wear their dentures was nearly twice as high as those with twenty or more teeth, 63% versus 32% respectively. researchers point to the impact on nutrition as the most likely explanation for their findings.

People 65 years of age and older, like our younger patients, should see their dentist at least twice a year for check ups and professional cleanings. Dentures should be evaluated for proper comfort and fit - a new denture should be made about every 5 to 7 years, or when the dentures cannot be used comfortably.

Regular dental care and good oral hygiene can add comfort, enjoyment and years to your life.



DID YOU KNOW?

The first dental anesthesia was used in 1844 in Hartford Connecticut. It was called nitrous oxide gas. Next came the use of ether as an anesthetic. Neither worked very well and ether tended to make people sick. Nitrous is used today to help those who are afraid to be more relaxed but ether hasn't been used for many years. Today the most common dental anesthesia used is called lidocaine and is safe, effective and wears off quickly.



Heart Healthy Recipe



Breakfast Pizza

1-1/2 cups frozen loose-pack diced hash brown potatoes with peppers and onion
 1 clove garlic, minced
 1-1/2 cups refrigerated or frozen egg product, thawed, or 6 eggs, beaten
 1/3 cup fat-free milk
 1 tablespoon snipped fresh basil
 1/2 teaspoon salt
 1/4 teaspoon ground black pepper
 1 tablespoon olive oil
 1 14-ounce Italian bread shell (Boboli)
 1 cup shredded part-skim mozzarella cheese (4 ounces)
 2 plum tomatoes, halved lengthwise and sliced
 1/4 cup shredded fresh basil

1. Preheat oven to 375 degrees F. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add potatoes and garlic. Cook and stir about 4 minutes or until the vegetables are tender.
2. In a small bowl, stir together egg, milk, the 1 tablespoon snipped basil, the salt, and pepper. Add oil to skillet; add egg mixture. Cook, without stirring, until mixture begins to set on the bottom and around the edge. Using a large spatula, lift and fold partially cooked egg mixture so uncooked portion flows underneath. Continue cooking and folding until egg mixture is cooked through but is still glossy and moist. Remove from heat.
3. To assemble pizza, place the bread shell on a large baking sheet or a 12-inch pizza pan. Sprinkle half of the cheese over the bread shell. Top with cooked egg mixture, tomatoes, and the remaining cheese.
4. Bake about 10 minutes or until cheese is melted. Sprinkle with the 1/4 cup shredded basil. Cut into wedges to serve.

Serves 8

Per Serving:
 Calories 233
 Total Fat (g) 7
 Saturated Fat (g) 2
 Cholesterol (mg) 11
 Sodium (mg) 579
 Carbohydrate (g) 29
 Fiber (g) 2
 Protein (g) 15

PARENTS BEWARE!



When is a tiny, mint-flavored tablet that dissolves in the mouth not a breath mint? When it's a Camel Orb "dissolvable tobacco" pellet, that's when. Many health advocates worry that children may mistake the nicotine pills for candy. According to a study published today in the journal *Pediatrics*, Orbs, and similar products being test-marketed by R. J. Reynolds, are "a major concern, with their discreet form, candy-like appearance, and added flavorings that may be attractive to young children." Speaking to *The New York Times*, the study's lead author, Gregory N. Connolly of the Tobacco Control Research Program at the Harvard School of Public Health, added: "Nicotine is a highly addictive drug, and to make it look like a piece of candy is recklessly playing with the health of children." According to the study, there were nearly 7,000 tobacco-related poisoning cases involving children under five in 2007. Camel Orbs began test marketing last year in stores in Portland, OR., Columbus, Ohio, and Indianapolis, IN. They have also been advertised in popular magazines including *People*, *Wired* and *Rolling Stone*. One ad says: "Enjoy Anywhere. Anytime. Anyplace." It is part of a broad industry trend to create smokeless products in response to declining cigarette use and the rise of smoke-free air laws. An Oregon Senator co-sponsored an amendment that was included in the new law and required the F.D.A. to study dissolvable products within two years. Depending on the outcome of that review, the agency could ban them or require product changes.

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