



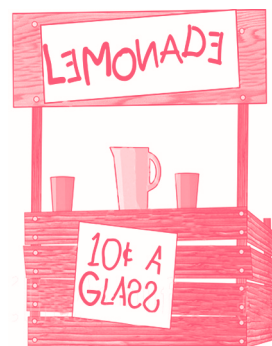
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HELPFUL HINTS, REMINDERS AND NEWS TO KEEP YOU IN SMILES • SUMMER - FALL 2009



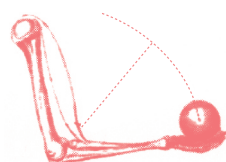
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cheaper than dying or undergoing therapy for the various medical ailments associated with the problem. It is the sleep medicine physician who calls the shots, and the dentist works under his direction.

REGENERATIVE PRODUCTS:

The following OTC products have Amorphous Calcium Phosphate, which helps remineralize tooth decalcification. (NOTE: not decay) on teeth: Trident Extra (listed as Recalcident) (chewing gum), Arm & Hammer

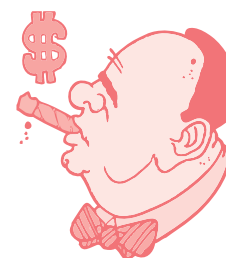
Enamel Care and Metadent's Replenishing White toothpastes.



IMPORTANT NEW PREMEDICATION RECOMMENDATIONS FOR THOSE WITH ARTIFICIAL JOINTS:

The American Academy of Orthopedic Surgeons has updated their recommendations for premedication in patients with artificial joints undergoing "invasive dental procedures"

(read: anything that causes bleeding, including anesthetic injections, cleanings, most fillings, etc.) Previously, it was recommended that for two years after joint replacement, one should get antibiotics before dental treatment. The two- year recommendation has been eliminated, and it appears now that if you have a joint replacement (screws, pins don't count), you need to be on antibiotics before receiving most dental treatment regardless of the time since the joint was replaced. A major change! You might want to check with your MD about this.



MENTHOL CIGARETTES:

The cooling flavor of menthol cigarettes may make them more addictive and deadlier to smokers, a new study says. Apparently menthol cigarette smokers absorb more nicotine and carbon monoxide per cigarette. This study shows that menthol smokers also find it harder to quit, despite smoking fewer cigarettes per day. In the study, which examined almost 1,700 people attending a university-run tobacco addiction clinic, African-Americans and Latinos who smoked menthol cigarettes had a notably harder time quitting than those smoking non-menthols. African-Americans who smoked menthols, reported half the

success in quitting as blacks using non-menthol cigarettes. The results suggest that menthol is not a neutral flavoring in cigarettes. It masks the harshness of the nicotine and toxins and makes smoking more deadly and addictive.



DENTURE ADHESIVES AND TOXIC POISONING:

In the journal *Neurology*, there is a report from Texas of four denture wearers who were suffering from "profound neurological disease". Blood tests revealed that these people all had very low levels of blood copper and very high levels of blood zinc. (Basically, copper and zinc interact on a teeter-totter balance in the blood--taking in too much of

one of these trace metals can cause depletion of the other). In trying to find a common link for their problems, each person reported using heavy dosages of denture adhesive (Fixodent and Poly-Grip), both of which were later found to contain high levels of zinc, a substance not listed on the product label. No other sources of zinc or reasons for low blood copper levels could be found, and once users ceased applying the denture adhesive and were given copper supplements, two of the patients improved "mildly". Used as recommended, a tube of denture cream should last from 3 to 10 weeks the researchers note, but patients in the report were using at least two tubes a week. Three had lost their teeth at a relatively young age, meaning they had been using "extremely large amounts of denture adhesive daily for years." Based on patients' denture cream use, the researchers

