

SPRING 2023

Smile CHRONICLES

The Laurel Manor Dental Quarterly Newsletter

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Welcome!

Welcome to the SPRING issue of SMILE, the Laurel Manor Dental Newsletter.

Smiles.

Dr. Rozensky



Dental Care

4 WAYS IT CAN EFFECT YOUR HEALTH

Even if you brush your teeth daily, you may still have dangerous bacteria growing inside your mouth. Not only could that lead to periodontitis (an advanced form of gum disease that comes with symptoms such as bleeding when you brush and gum pain), but studies also find a link between poor oral hygiene and major health issues. Here are some ways that missing the mark on oral care could harm your health.

It may hurt your heart.

People with gum disease are almost twice as likely to suffer from coronary artery disease compared to those don't have periodontitis. Researchers aren't exactly sure of why this might be, but one theory is that harmful bacteria from your mouth enters your blood stream and attaches to fatty plaques in your heart's blood vessels, leading to inflammation and upping your risk of clots that can trigger heart attacks.

Your memory may suffer.

Some research suggests there may be a tie between poor oral health and an increased risk of dementia. One study that followed 118 nuns between the ages of 75 and 98 found that those with the fewest teeth were most likely to suffer dementia. Experts think oral

bacteria may spread to the brain through cranial nerves that connect to the jaw or through the bloodstream, and may contribute to the type of plaque that's been linked to Alzheimer's.

It might worsen your body's control of blood sugar.

People with diabetes are more likely to have periodontal disease than those without diabetes. While this may be because diabetics are more susceptible to infections, there's also been research that finds gum disease could make it harder to control your blood sugar, and that treating it helps improve diabetes symptoms.

It may affect your breathing.

Gum disease may increase your risk of getting respiratory infections, such as chronic obstructive pulmonary disease (COPD) and pneumonia, according to the Journal of Periodontology. The infections might be caused when bacteria from the mouth are inhaled into your lungs, possibly causing your airways to become inflamed.

Expert Teeth-Cleaning Tips

How can you tell if you're hitting the mark when it comes to good oral care? *"Generally, your teeth and gums should not bleed, be painful, or feel rough or sharp to your tongue,"* says Pam Atherton, RDH, a dental hygienist for Dr. John Carlile, DDS in Skaneateles, NY. *"Your breath should be fresh for at least a couple of hours after brushing in the morning and after having eaten breakfast."* One of the easiest ways to prevent gum disease is to clean your teeth properly, so try these tricks for a healthier mouth.

1. Floss first. You should floss before you brush your teeth, rather than after, says Jeffcoat. "That way you'll be able to brush away any food that was stuck between your teeth to prevent bacteria from growing." If you find dental floss hard to hold onto, Atherton suggests trying floss picks.

2. Get the right toothbrush. Soft or extra soft bristles are best. "Gum tissue can't make a callous; therefore, when a person uses a medium or hard-bristled toothbrush, it literally scratches the tissue away over time, exposes the root surface underneath and leads to possible bone loss," says Atherton.

3. Brush smart. To really clean your teeth, aim to brush them for a full two minutes. "Make sure you brush both your tongue and cheeks as well as the chewing surfaces to improve the removal of harmful bacteria in the crevices," says Atherton. And be sure to replace your toothbrush about every three months.

Source: Prevention Magazine

Spring Allergies

HOW TO FIND RELIEF



Yes! Spring is here! While the season of rebirth brings so much beauty, baby birds, bunnies, and blossoming buds, it also brings misery to millions of allergy sufferers bracing for the sniffles, sneezes, and wheezes of the season. Hay fever is among the most common allergies, affecting one in five Americans with its telltale annoying symptoms of a runny nose, congestion, sneezing, itchy eyes and ears, sinus pressure, sleeplessness, and fatigue. In fact, it's pretty much like the common cold, except it lingers on for months at a time (not days like a virus-caused cold) as pollen circulates in the air.

Avoid these (often costly) mistakes during the spring allergy season:

#1: Throwing money at the problem.

There are hundreds of products on the market claiming to ease your allergy ailment, and some of them work well for different people. But if you find yourself bouncing from product to product with no relief, consider making an appointment with an allergist, who might suggest allergy shots that can actually cure, not cover up, your allergy symptoms. No more late-night trips to the CVS! Nasal saline sprays or rinses, such as the Neti pot, also are invaluable to some people experiencing irritated sinuses. Just be sure not to overuse them.

#2: Not knowing your enemy.

Sometimes people treat allergy symptoms without even knowing what they're allergic to, or if they really are suffering from true seasonal allergies. While hay fever is a prime culprit this time of year, other allergens can also cause symptoms. Many people think they only have seasonal allergies, but actually have them year-round. Things like dust mites, cockroaches, cigarette smoke, or even the artificial fragrances in candles, hair spray, or air fresheners could be causing symptoms similar to hay fever allergies. Wash your bedding in hot water every two weeks to combat dust mites, use nontoxic pest management strategies to combat cockroaches and pests, and steer clear of synthetic fragrances.

#3: Waiting 'til you feel the pain.

If you do have allergies, ACAAI recommends taking medicine that has worked for you in the past before the season starts. Pay attention to the weather, as winter and spring merge, pollens and molds are released into the air.



#4: Allowing allergens into your house.

Once you find the cause (or causes) of your problem and the proper treatment, you should take steps to keep the allergens that agitate you out of your home. If you're allergic to pollen, don't keep your windows open all the time, and take a shower when you come in from the outdoors. Pollen counts are the highest around midday, so that's also a good time to stay indoors.

#5: Piggging out on problematic produce.

People who are allergic to pollen can also have oral allergy syndrome, which affects about a third of seasonal allergy sufferers. Your immune system sees a similarity between the proteins of pollen and those in some foods, and that can trigger a reaction. If you're allergic to tree pollen, you may need to avoid apples, cherries, pears, apricots, kiwis, plums, or nuts. (Cooking or peeling these foods can help bypass a reaction in some people.) On the other hand, research has found that certain foods can actually help heal hay fever. Broccoli, citrus fruits, collard greens, and kale are full of compounds that can help your body cope with allergy season.

This anti-allergy soup from The Green Pharmacy Guide to Healing Foods is made with ingredients that may also be helpful:

Boil a whole onion with the skin, along with a clove of garlic. Add 1/2 chopped leaves and diced taproots of evening primrose. Boil the ingredients for three to five minutes, add 1 cup nettle leaves and 1 cup diced celery stalks, and boil for another three to 10 minutes. Remove the onion skins from the mix, and enjoy. (You can season with wine vinegar, black pepper, diced raw onions, hot pepper, turmeric, curry powder, or celery seed.)

Spring Garden

WHAT'S BLOOMING?



Spring arrives early in Florida and by April it is usually well under way, ending the last of the cool season. Since consistent summer rains are still at least a month or two away, watering and mulching plants is highly recommended. Also be on the lookout for garden pests such as Aphids, Leafhoppers, Grasshoppers and more.

Though it's not Fall, many varieties of Florida trees drop their leaves and will be covered soon with bright green foliage including; Oaks, Mahogany, Black Olive, and Poinciana. In contrast, fruit trees also flower in spring, contributing their fragrant blossoms for the briefest of times.

Spring-blooming flowers are the most fragrant flowers of any time of year. Virtually without exception, all types of spring-blooming flowers perfume the air for a very short time. They then move on to the business of growing fruits and seeds.

If you want to try a traditional "Northern Garden" in April, the following plants are recommended:

VEGETABLES: Calabaza, Cantaloupe, Cassava, Chayote, Cherry Tomato, Collard Greens, Cow Peas, Cucumbers, Dasheen, Jerusalem Artichoke,



Jicama, Lima Beans, Malabar Spinach, Malanga, Mustard, New Zealand Spinach, Okra, Papayas, Peanuts, Pumpkins, Snap Beans, Squash, Sweet Potatoes, Turnips, Watermelons and Yams.

HERBS: Anise, Basil, Borage, Chives, Dill, Sweet Marjoram, Mint, Oregano, Rosemary, Sage, Savory and Thyme.

FLOWERS: Ageratum, Aster, Begonia, Balsam (Impatiens), Blue Daze, Celosia, Coleus, Cosmos, Cockscomb, Gaillardias, Globe Amaranth, Marigolds, Morning Glory, Pentas, Periwinkles, Petunias, Portulacas, Salvia, Strawflowers, Torenia, Vincas and Zinnias.

BULBS: Achimenes, Agapanthus, Amaryllis, Asiatic Lilies, Begonias, Blood Lily, Caladiums, Canna, Crinum, Dahlia, Gladioli, Gloriosa Lily and Zephyranthes.

Sources: Florida Gardener.com, Spring (ehow.com)



The passion of our practice comes from providing patients with the finest possible dental care in a warm caring environment. We treat you as if you were a member of our family, always worthy of our best

effort and respect. Most importantly, we listen to you and let you decide the direction of your dental care. So drop on in for a visit...

the coffee's on us.

LAUREL MANOR DENTAL



Let's keep in touch!

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