

SUN TIMES

Oral Health + Your Body

To some, dental health is an after-thought compared to overall health, but recent studies have discovered how dental conditions can directly impact other parts of the body.

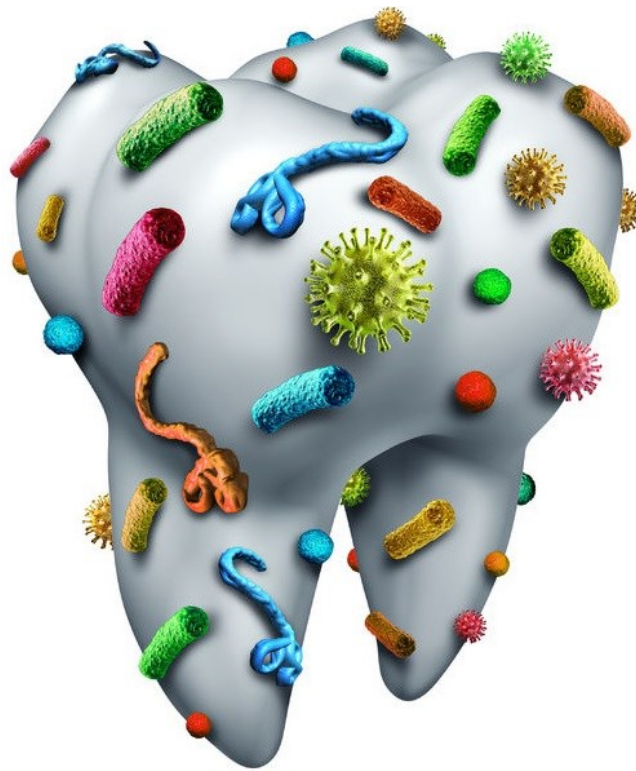
Cardiovascular Health

According to the American Academy of Periodontology, people with gum disease have nearly double the risk for heart disease.

A joint study from the Royal College of Surgeons in Ireland and University of Bristol in the United Kingdom showed that the streptococcus gordonii bacteria can enter the bloodstream through bleeding gums and

cause blood clots.

Clotting can then lead to endocarditis (growths on heart valves) and blood vessel inflammation. All of these increase the risk of heart attack and stroke.



Cancer

Gum disease can also lead to inflammation in the body in general, which can increase the risk of certain cancers. (Continued on next page...)

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Fri. 8:30 a.m. - 5:00 p.m.
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Saturdays
By Appointment Only

Sun Times

November 2016

WHAT'S INSIDE



\$50 Prize
Crossword
Puzzle!

NEW PATIENT SPECIAL

Full exam, full X-rays
and regular cleaning

\$75

(a \$296 value)

Oral Health + Your Body , Continued

A 2008 study funded by the National Cancer Institute and National Institutes of Health found a 14 percent higher risk of cancer in men with gum disease.

There was also a 54 percent risk increase for pancreatic cancer, 49 percent for kidney cancer, 36 percent for lung cancer and 30 percent for white blood cell cancers. The study also took smokers into account, but they appeared to only be at higher risk for lung cancer.

Diabetes

A study published by the American Diabetes Association recorded that subjects with periodontal disease had double the risk of developing diabetes, and those with advanced tooth loss had a 70 percent greater risk.

For those who already have diabetes, poor oral health can make its management more difficult. According to a study published in the Journal of Periodontology, subjects with diabetes and periodontal disease were six times more likely to

have reduced control of their blood glucose (blood sugar) levels.

Gastrointestinal Health

According to a study from the Indiana University School of Dentistry, helicobacter pylori bacteria can also leave the mouth via the throat, and can then eat holes in the stomach lining, leading to

painful ulcers. This bacteria can also cause gastritis, or inflammation of the stomach lining.

Pneumonia

Oral bacteria can also travel through the airway and into the lungs. A study published in the Journal of Periodontology showed this can increase the chance of pneumonia in those

whose defense mechanisms are weakened.

Transplants

Due to increased risk of infection, medical doctors want patients to be free of tooth decay and gum disease before any transplants, including organs and prosthetic joints. After a transplant, a patient's immune system is compromised, and the increased presence of bacteria in the mouth and entryways to the body through open gums will increase risk of transplant failure and other complications.

Conclusion

In conclusion, poor oral health, especially in the form of gum disease, provides a portal for bacteria to enter the body and create more problems elsewhere.

To reduce this risk, we recommend you thoroughly brush your teeth at least twice per day, floss between all teeth at least once per day, and visit our office at least twice per year for a professional cleaning and exam.

HOW TO FLOSS

www.MouthHealthy.org



Break off about 18 inches of floss and wind it around your fingers.



Hold the floss tightly between your thumb and forefingers.



Guide the floss between your teeth using a gentle rubbing motion.



When the floss reaches the gumline, curve it against the tooth and slide it between the gums and tooth.



Rub the floss against the tooth in up and down motions. Repeat on both sides of all teeth.

WIN \$50 Sundollars OFF YOUR NEXT TREATMENT!!!



Entries due at our Apple Valley office by [Nov. 30, 2016](#)



NAME: _____
 PHONE: _____
 EMAIL: _____

Correctly complete this crossword puzzle to enter a drawing to win one available prize of \$50 Sundollars off next treatment. One entry per person. Winner to be determined and notified via phone by Dec.. 10, 2016. If insurance covers all of your treatment, the \$50 Sundollars can be used for a treatment that isn't covered (such as bleaching), or transferred to another person. Credit expires two months from date winner is notified.

ACROSS

- 2. One of our dental assistants
- 4. A unit of crowns that replaces missing teeth
- 7. Minimum times per day you should floss
- 10. We do in office and _____ bleaching
- 11. Credit option we offer
- 12. The type of X-rays we take here
- 16. Location of Dr. Sun's other office
- 19. Our front office coordinator
- 20. Animal brushing its teeth in our waiting room

DOWN

- 1. One of our dental assistants
- 3. The type of fillings we do
- 5. Our hygienist
- 6. Our office manager
- 7. Field focused on fixing alignment of teeth
- 8. How many treatment rooms we have
- 9. School from which Dr. Sun got a DDS degree
- 13. How many times per year to get a cleaning
- 14. Artificial tooth root placed in jaw
- 15. Dr. Sun's favorite sports team
- 17. Mouthwash we recommend for gum problems
- 18. Use toothpaste containing this ingredient



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**Look inside to see
how you can win a
\$50 discount!**



**Did you know?
In 1994, a West Virginia inmate scaled an
18-foot wall using a rope made from dental floss.
We recommend using 18 inches of floss daily as
part of a complete oral cleaning.**