



PerioConnect

Champlain Periodontal's patient newsletter

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Welcome to our newsletter! Please enjoy some oral health information and updates about our office.

THE DENTAL DIET: NUTRITION STRATEGIES FOR A HEALTH MOUTH

Everyone appreciates a great smile after all, that's what we show the world. It affects our self-esteem and ability to socialize. But those pearly whites are not just for show, and many of us underestimate the impact teeth have on our overall health and nutrition, and vice versa. Everyone knows that a balanced, nutritious diet is essential to healthy living. But did you know that eating patterns and food choices play an important role in preventing periodontal disease, too?

For many years, we have known that foods high in fermentable carbohydrates (simple sugars) contribute to cavity formation. It is becoming clear that certain food contributes to inflammation as well. Since periodontal disease is an inflammatory disease, our diet can influence the state of our periodontal health. Although poor nutrition does not directly cause periodontal disease, many researchers believe that the disease progresses faster and is more severe in patients whose diet does not supply the necessary nutrients.

7 vitamins and minerals your mouth needs

Want healthy teeth and gums? Make sure your diet features these key ingredients. These nutritional building blocks are essential for your dental health.

Calcium

No surprises here — calcium is well known as a friend for teeth. Throughout the body, the mineral helps build bones and provide structural support. In your mouth, calcium helps harden your enamel and strengthen your jawbone. A low dietary intake of calcium is associated with severe periodontal disease, and prevalence of periodontal disease decreases with a diet high in calcium.

What to eat: In addition to milk, good sources of calcium include cheese, yogurt, broccoli and salmon.

Vitamin D

Vitamin D helps the body absorb calcium while boosting bone mineral density, so it's crucial to get an adequate amount of vitamin D to get the most out of your calcium intake. Also, vitamin D supports healthy connective tissue, immune function and may contribute to the mineralization (hardening) of tooth enamel.

What to eat: Your body naturally makes vitamin D when it's exposed to sunlight, but the vitamin can also be found in fatty fish, canned tuna and portobello mushrooms. You can also look for foods and drinks that have been fortified with vitamin D, such as milk, orange juice and cereal.

Potassium

Like vitamin D, potassium improves bone mineral density. It also works with magnesium to prevent blood from becoming too acidic, which can leach calcium from your bones and teeth.

What to eat: Bananas are a well-known source of potassium, but they're not alone. Other fruits and vegetables with high levels of the mineral include lima beans, tomatoes, Swiss chard, potatoes, sweet potatoes, avocados and prunes.

Phosphorus

Phosphorus supports calcium in building strong bones and teeth.

What to eat: Luckily, phosphorus is found in a wide range of foods. Rich sources of the mineral include seafood, such as scallops, sardines, cod, shrimp, tuna and salmon. If you're looking to get your phosphorus from plant-based foods, consider soybeans, lentils and pumpkin seeds. You can also find phosphorus in beef, pork and cheese.

Vitamin K

Think of this vitamin as a shield – it helps block substances that break down bone. It also helps your body produce osteocalcin, a protein that supports bone strength. A vitamin K deficiency can slow down your body's healing process and make you more likely to bleed.

What to eat: Chowing down on leafy greens, such as kale, collards and spinach, kale and collard greens, or in orange-colored fruits and oranges: think apricots, cantaloupe, pumpkin, carrots and sweet potatoes. These fruits and veggies contain high levels of beta-carotene, which your body converts into vitamin A.

Green tea may boost dental health

Looking for a caffeine boost? Consider swapping out your daily coffee for a cup of green tea. As it turns out, the brewed drink may improve your oral health.

Drinking green tea every day can offer protection against gum disease, according to a 2009 study that examined the oral health of 940 men in Japan. Nearly every participant who drank at least one cup of green tea a day experienced a decrease in gum recession and bleeding. Both symptoms are indicators of gum disease. The researchers suggested that the antioxidants in green tea might be responsible for slowing down the effects of gum disease. What's more, drinking green tea may also lower your chances of oral cancer. By analyzing the results of 19 recent studies, a 2014 meta-analysis found a significantly lower risk of oral cancer among participants who drank green tea.

But when you load up on green tea, don't forget to skip the sweeteners. Sugar and honey still promote cavities, even when you drink them with green tea.

Want to go for bonus marks? Here are a few foods, nutrients, and/or supplements that may play a specific role in oral health.

Probiotics

Probiotics may help to decrease gingivitis and plaque; bacteria in fermented foods might suppress the growth of pathogens in the oral cavity. One study showed that consuming fermented dairy was associated with less periodontal disease. Probiotics in lozenges or rinses could be helpful in a similar way.

Cranberries

Cranberries and other plant foods rich in anthocyanins (such as blueberries, red cabbage, eggplant peel, black rice, and raspberries) may prevent the attachment and colonization of pathogens on host tissues (including teeth). Some studies even show that cranberry extract-infused mouthwash improves dental health!

CoQ10

Coenzyme Q10 is an antioxidant. The anti-inflammatory properties may play a role in the development of periodontal disease.

Echinacea, garlic, ginger, and ginseng

Research shows that these plants help to inhibit growth of periodontal pathogens in test tubes. But human studies are still lacking, so we can't draw firm conclusions about their benefits.

A list of nutrients and food recommendations is all very well, but when you're standing in the grocery aisle, you may still be confused about which foods to buy.

Luckily, you don't have to do anything special, just follow a simple rule:

Eat a mostly whole foods diet with lots of lean protein and fresh vegetables, avoid most processed foods, especially those that are high in simple sugars.

Bike for the Lake

On June 18th, Dr. Huber participated in the annual Friends of Northern Lake Champlain's centennial ride. The 100 mile long ride guides participants along the New York and Vermont shores of Lake Champlain. This charity event benefits projects and local efforts to prevent pollution to the lake and ensure we can all enjoy this treasure for generations to come. Dr. Huber completed all 100 miles with Dr. Scott Thompson. He enjoyed it so much, he plans on completing another ride this fall. Go Dr. Huber!



Nicole's Greek Zoodle Salad

Ingredients

- 2 medium Zucchini
- ¼ English Cucumber, chopped
- 10 Cherry Tomatoes, halved, or more to taste
- 10 pitted Kalamata olives, halved, or more to taste
- ¼ Cup thinly sliced red onion
- 2 Ounces crumbled reduced-fat feta cheese
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons fresh lemon juice
- 1 Teaspoon oregano
- salt and pepper to taste

Directions

1. Cut zucchini into noodle-shaped strands using a spiralizing tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.
2. Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth; pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.

We appreciate the many compliments we're given about the quality of our cleanings. We welcome your family and friends and would be delighted to care for them as well. Patients can be self referred or referred by an existing patient, even if they don't have periodontal disease. If you think a friend or family member would benefit from the care in our office, they can call to set up an appointment.