

Keys to a Healthy Mouth and a Healthy You

1. **Keep gum inflammation at bay.**

Don't just go to get your teeth cleaned. Every time you are in the dental office ask if you have any inflammation below the gumline. You can have it and not even know it. If you do, take whatever steps are necessary to eliminate the under the gum inflammation and then to keep it at bay

2. **Know your BMI.**

Your body mass index (BMI) can tell you if you are overweight. If you are overweight, you are at increased risk for gum disease and other serious diseases like heart disease and diabetes.

3. **Sleep well.** 7-8 hours of high quality sleep seems to be the ideal amount. Any less or any more may increase your risk for other diseases. Get screened for sleep apnea. If you have it, get treatment for it. Sleep apnea is a very serious condition that can lead to early death.

4. **Exercise regularly.** Current recommendations are 30 minutes of moderate exercise 5 days per week. If you are pressed for time, you can get similar results in shorter time using high intensity interval training. Take the stairs rather than the escalator.

www.cdc.gov/physicalactivity/basics/adults/

<http://greatist.com/fitness/complete-guide-interval-training-infographic>

5. **Check your blood sugar regularly.** Gum disease can be the first sign of diabetes. Catching diabetes early lessens the chance of developing the serious consequences of diabetes. A1c is an easy, painless chairside test to check your blood sugar. Everyone over 45 should have an A1c test at least every three years – more frequently if you have gum disease or other risk factors for diabetes.

6. **Get your Vitamin D Checked.** Vitamin is important for many functions in the body including healthy gums. Many people are chronically low in Vitamin D.

7. **Nutrition:** Making three changes can make a big difference:

Reduce your sugar intake Avoid foods with added sugar. Any extra sugar that you take in makes your body store fat and creates tremendous inflammation in your body.

Boost your antioxidant intake Foods that are rich in antioxidants help offset cell damage in your body. Eating foods with a high antioxidant content is an important component of living a healthy life.

Boost your intake of Omega -3's Omega -3 fatty acids actually promote resolution of disease-causing inflammation in your body.

- Learn how to read the label. Ingredients must be listed on labels in the order of how much is in the product. If sugar is listed in the first three ingredients, then it has too much sugar. Food producers are tricky and list sugar under many different names so that they can make it look like there isn't that much added sugar. Know the other names for sugar and look for them on the product label.
- Try to eat foods with only 1 ingredient. Whole fruits, vegetables, nuts, chicken, and fish are good.
- No condiments ever. No catsup, barbecues sauce or store bought salad dressing. These are loaded with sugar.
- No white bread. It is loaded with sugar and hard to digest.
- Drink lots of water with every meal. It helps in digestion and tells your brain that you are full and to stop eating.
- Figure out what foods are high in antioxidants. Search the internet for *anti-oxidant rich foods*.
- No more regular or diet soda. Drink water, coffee or green tea.
- Consider using Stevia as your sweetener. Search the internet for *Stevia*.
- Sprinkle ground flax seed or Chia seeds on your morning breakfast. They are high in Omega 3's.
- Cook with Olive or Canola oil. They are high in omega-3's
- Wheat and multi-grain products are healthy only if it says 100% whole grain or 100% whole wheat on the label.
- Dark chocolate with at least 70% cacao is high in antioxidants

Sample menu:

	<i>INTEAD OF</i>	<i>HEALTHIER CHOICE</i>
<i>Breakfast</i>	Sugary cereal or breakfast bar	<i>Plain oatmeal topped with berries and a tsp of chia seeds</i>
<i>Beverage</i>	Soft drink (regular or diet)	<i>Green tea or Water</i>
<i>Snack</i>	Potato Chips	<i>Almonds, whole fruit or walnuts</i>
<i>Dinner</i>	Spaghetti and meatballs with garlic bread	<i>100% whole grain pasta Lucini Italia Hearty Artichoke Tomato Sauce www.Lucini.com 100% whole grain bread with olive oil drizzle www.foodforlife.com</i>
<i>Sweets</i>	Double Stuff Oreos	<i>70% Cacao dark chocolate www.chocolove.com</i>

STOP-BANG Sleep Apnea Questionnaire

Chung F et al Anesthesiology 2008 and BJA 2012

STOP		
Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)?	Yes	No
Do you often feel TIRED , fatigued, or sleepy during daytime?	Yes	No
Has anyone OBSERVED you stop breathing during your sleep?	Yes	No
Do you have or are you being treated for high blood PRESSURE ?	Yes	No

BANG		
BMI more than 35kg/m ² ?	Yes	No
AGE over 50 years old?	Yes	No
NECK circumference > 16 inches (40cm)?	Yes	No
GENDER : Male?	Yes	No

TOTAL SCORE		
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High risk of OSA: Yes 5 - 8

Intermediate risk of OSA: Yes 3 - 4

Low risk of OSA: Yes 0 - 2

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