

Diet & Dentistry



Welcome

Many people don't realize how closely nutrition impacts one's teeth, AND how teeth affect one's nourishment. This newsletter aims to point out the important relationship of diet and dentistry.

Registered Dietitian (RD)

"After graduation from North Dakota State University in Fargo, ND I passed the R.D. exam and earned the title."

Foods That Stain Your Teeth

White teeth seem to be all the rave today, but bleaching systems can be costly.

What are some ways to avoid yellowing teeth without emptying your wallet?

Foods are one incredible culprit for staining your teeth. Such foods include: berries, soy sauce, coffee, tea, red wine, and curry. An easy solution is to eat apples, celery and any other crunchy food to cleanse the teeth.

The other very common cause for browning teeth is **smoking**. Smoking not only tints the teeth, but slowly destroys gum tissue. And the damage continues far beyond just the mouth. To quit, call 1-800-QUIT-NOW

What's the best way to remove stains?

Light surface stains can easily be removed by you, the patient. Just rinsing with water after your morning coffee or afternoon green tea will flush away the deposits. If you get a

chance to brush immediately afterwards, that is the most effective way to post-poner stain build-up. Just remember to always brush lightly!

Darker surface stains, especially those caused by tobacco, should be cleaned by the professional dental hygienist or dentist in your dental home.

What do professional bleaching systems offer?

- Option 1 -

I first recommend starting at home to see how your teeth will respond to bleaching. This avoids the unnecessary bill if bleaching isn't for you. Crest white-strips are a perfect start. Attempt to use the whole package in 2 weeks. If you have already achieved your desired brightness then periodically "touch-up" with additional white-strips.

- Option 2 -

Still, the dentist may treat persistent stains with a bleach tray and professional-grade whitening gel. Results are achieved fastest and last the longest this way.

Be mindful to...

...ask your dentist for recommendations as to where to purchase the **best products** in effectiveness and safety.

Now S M I L E

Vitamin C: For Healthy Gums and General Health



Your gums are fibrous strands of connective tissue, called collagen. Collagen is found in cartilage, bone, skin, tendons and teeth. Collagen fibers give elasticity and strength to your both your outside skin and the skin inside your mouth and blood vessels.

Collagen is made with the help of Vitamin C! Without Vitamin C to make collagen, both inside and outside skin becomes friable and tears easily. This means your risk for develop periodontal (gum) disease and cardiovascular (heart and vessel) disease is higher.

Vitamin C plays another important role in cardiovascular disease: keeping plaque

from sticking to the walls of blood vessels. This is due to its anti-inflammatory properties.

If you have diabetes, high blood sugar levels will prevent vitamin C from getting into your cells, including gum cells. It's because of this that collagen cannot be properly formed. This leads to more delicate gum tissue, and an increased risk for periodontal (gum) disease. Not only that, but if gum disease is not controlled, blood glucose levels can rise even more.

How much is just right? Men generally need 90 milligrams (mg) per day, but females need somewhat less, about 75 mg per day. What happens if you take more? Chronic diarrhea is a common complaint and is important since it may cause dehydration. Some studies have shown an increase in the development of kidney stones as well.

Foods that contain Vitamin C are - you guessed it - fruits and veggies. Aim for at least five servings every day, and remember that by eating different colors, you actually get different benefits!

