

## A HEALTHY MOUTH LEADS TO BETTER OVERALL HEALTH

**I**t's long been obvious that good oral care – daily brushing and flossing and regular visits to your dentist and hygienist – is essential for healthy teeth and gums.

**But we now know that these habits** can have a real impact on overall health as well. Research has shown associations between oral disease – particularly periodontal (gum) disease – and heart disease, stroke, diabetes and adverse pregnancy outcomes. The good news is that proper dental care can help you prevent or manage these conditions and substantially contribute to better health in general.

### HEART DISEASE AND STROKE

**People with periodontal disease** are nearly twice as likely as orally healthy patients to suffer from heart disease, according to the American Academy of Periodontology. Studies have found that the bacterial plaque that forms on your teeth is the same plaque that causes heart attacks and chronic obstructive pulmonary disease, or COPD.

**Scientists at the Boston University School of Dental Medicine** found that people with periodontal disease are at increased risk for having a stroke. And a large 2010 study published in the *British Medical Journal* reported compelling evidence that brushing your teeth less than twice a day increases your risk of cardiovascular disease.

### DIABETES

**Diabetes has strong links to oral health.** Diabetes makes gum problems worse and oral infections make diabetes worse. Patients with uncontrolled blood glucose levels

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### DMA'S DENTAL TEAM

**Dedham Medical Associates' dental team is a comprehensive resource** for your dental needs. In addition to the adult dental staff listed on the next page, we have the following specialists:

- **Felipe Moreno, DMD** – Pediatric Dentistry
- **Laura Camacho-Castro, DMD** – Ped. Dentistry
- **R. Matthew Miner, DDS** – Orthodontics
- **Diane Suda, DMD** – Endodontics
- **Scott Lightfoot, DDS** – Periodontics

**You can make an appointment** with any Dedham Medical dentist by simply calling the central number – **781-329-1400** – and asking for their office.

**Our location in Dedham provides** a full range of dental services during regular hours Monday through Friday. On Thursdays we are open until 7:30 pm. We also see patients two Saturday mornings per month September through May.

**We provide Pediatric, Orthodontic and General Adult Dentistry at our Norwood location** during our regular hours, Monday through Friday.

**We provide 24-hour emergency** on-call service for our dental patients.

**DMA's Dental Department accepts most major dental insurance plans.** We have a dental insurance representative on staff to assist you with questions regarding your benefits.

develop periodontal disease more often and suffer greater bone destruction and tooth loss than those who control their diabetes. Such patients are more susceptible to dental infections from badly decayed teeth.

**They also have greater difficulty healing** if ill-fitting dentures cause an ulcer or a neglected tooth needs to be extracted. And oral infections make it difficult to stabilize blood glucose levels.

**Oral care is recognized as an important part of diabetes management.** At the 20th World Diabetes Congress in 2009, the International Diabetes Federation cited the relationship between periodontal disease and blood glucose control and developed an up-to-date guideline on oral health for people with diabetes – [www.idf.org/diabetes-and-oral-health-information-public](http://www.idf.org/diabetes-and-oral-health-information-public).

### **PREGNANCY AND DENTAL CARE**

**A mother can help insure a healthy start** for her child – as well as maintain her own health – by getting a dental check-up and cleaning as part of prenatal care. Dental care during pregnancy is safe, beneficial and recommended, and the second trimester is an ideal time for routine general dentistry.

**Untreated oral problems can lead to pain, infection** and unnecessary exposure to medications, any of which could potentially harm a developing fetus. Dental neglect may affect a pregnant woman's eating habits and prevent her from providing the nutrients necessary for a healthy baby. The high hormone levels in pregnancy make periodontal tissues more reactive to plaque that can cause the puffy, tender, bleeding gums of pregnancy gingivitis.

**Researchers have been studying** an apparent relationship between periodontal disease in pregnant women and preterm, low birth-weight babies.

### **ORAL CARE FOR OVERALL GOOD HEALTH**

**In general, an annual check-up by your dentist** and regular prophylactic dental cleanings should be part of a comprehensive approach to health.

**Inform your dentist of any recent illnesses or chronic conditions,** even if they seem unrelated to your mouth. Be sure to bring a complete list of medications you are taking, including prescription and over-the-counter drugs and supplements.

## **DMA ADULT DENTAL STAFF**

### **LAURICE S. FANIKOS, MS, DMD**

*Dental School:* Tufts University

*Graduate School:* University of Massachusetts, Lowell

*At DMA Since:* 2009

### **RICHARD J. KOSINSKI, DMD**

*Dental Schools:* Tufts University, Harvard University

*Residency:* Peter Bent Brigham Hospital

*At DMA Since:* 1979

### **DREW M. MITTELMAN, DMD**

*Dental School:* Tufts University

*Residency:* Peter Bent Brigham Hospital

*Fellowship:* University College Hospital, England

*At DMA Since:* 1976

### **NAN E. NILAND, DDS**

*Dental School:* University of Michigan

*Residency:* Univ. of Vermont Coll. of Medicine

*Fellowship:* Academy of General Dentistry

*At DMA Since:* 1988

### **MARINA RUSINOVA, DMD**

*Dental Schools:* Dental Sch., St. Petersburg, Russia;  
Boston Univ., Goldman School of  
Dentistry (Advanced Standing Prog.)

*Residency:* City Hospital, St. Petersburg, Russia

*At DMA Since:* 2007

### **LOUIS J. SAWAN, DMD**

*Dental School:* Tufts University

*Residency:* Tufts Univ. School of Dental Med.

*At DMA Since:* 1994

**T**o make an appointment with any Dedham Medical dentist – or any DMA provider in any department – please call **781-329-1400** and ask for the department. For more information, see our website at [www.dedhammedical.com](http://www.dedhammedical.com).

**Your dentist will screen for periodontal disease** and oral cancer as well as evaluate your teeth and restorations. He or she can then customize a treatment plan to meet your needs and advise you on the home care that will help to preserve your overall good health.