



Dr Ian's Newsletter

SUGAR AND DECAY!

- SPECIAL POINTS OF INTEREST.
- *WHAT SUGAR IS REALLY DOING TO YOUR TEETH!
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- **WHAT YOUR SALIVA CAN DO FOR YOU!
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- *SMOKING AND YOUR TEETH!

What is sugar?

There are all different types of sugar. Most people think of cane sugar when you mention the word sugar.

The mains types of sugars in foods are Fructose, (found in fruit) Lactose, (found in milk) and other sugars include glucose and maltose. They all have the same amount of kilojoules and energy.

Tooth Decay?

Sugars are one of the many things that contribute to tooth decay. Bacteria feeds on the plaque on your teeth which then produces acid which then dissolves away the enamel to produce tooth decay. Frequently snacking on sugary or starchy foods, especially the ones that hang around your mouth for a period of time like sticky biscuits, cakes and sweets, can cause major

dental problems, how much of a problem depends on how often you eat them throughout the day. Eating these foods as part of a meal is better then having them between meals. Good oral hygiene is a critical factor—regular flossing, brushing and dental check ups are essential to healthy teeth, no matter how much sugar you eat.



How much sugar are you really eating?

250 mls 1 cup	Berry Apple Juice	6.5 Teaspoon of sugar
200g 1 Tub	Yoplait original Strawberry Yoghurt	8.5 Teaspoons of sugar
2 Biscuits	Arnott Tim Tams	4 Teaspoons of sugar
100 mls 2 scoops	Peters extra creamy ice cream	2.5 Teaspoons of sugar
1 bar	Uncle tobys chewy apricot muesli bar	1.5 Teaspoons of sugar
125g	Goulburn valley gold peach slices in juice	3.5 Teaspoons of sugar
250 mls 1 cup	Sanitarium So good choc milk	3.5 Teaspoons of sugar
25 mls	Ocean spray cranberry classic juice	7.5 Teaspoons of sugar
1 Tablespoon	Nutella Hazelnut spread	3 Teaspoons of sugar
1 slice	Sara Lee Strawberry Cheesecake	5.5 Teaspoons of sugar
25g	Nestle Milo and 250 mls of milk	6 Teaspoons of sugar
1 cup	Nutrigrain + 1/2 milk	4 Teaspoons of sugar
250 mls 1 cup	Big M Choc Milk	5.5 Teaspoons of sugar
1 Tablespoon	Fountain Tomato Sauce	1 Teaspoon of sugar
4 finger block	Nestle Kit Kat	5.5 Teaspoons of sugar

Figures taken from choice magazine.





SMOKING AND DENTAL PROBLEMS

Did you know that smoking can pose a risk to the health of your gums and teeth? Smokers have a greater risk of periodontal disease (Gum disease) Which is a major contributor to tooth loss!!
 Did you also know that going cold turkey is the most successful way to beat the habit?
 Here are a few tips to help you give up the tobacco demon.:

1. In the first few weeks of quitting don't put yourself into tempting situations where you know you may smoke, i.e the pub, parties etc.
2. Write a list of all the reasons why you want to stop smoking and put it somewhere where you will see it all the time.
3. Go and visit your dentist and have all those tobacco stains removed as an incentive to stay on track.
4. Try to think of five people you know who are heavy smokers....now try to digest the very real possibility that two out of these five may have died from smoking by the age of 65..... Were you one of those people you thought of?
5. Think positively! Remind yourself that your cravings are not insurmountable.... Deal with them one day at a time.
6. Reward yourself once a week (not with a cigarette though!) Why not take yourself to diner or the movies etc?

GOOD LUCK

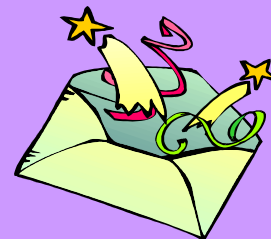


HOW DOES SALIVA PROTECT MY TEETH?

Saliva protects teeth by neutralising the acid in our mouths. It also flushes food and bacteria from the oral cavity and acts as a lubricant



Saliva also delivers calcium, phosphate and fluoride to the tooth surface



Saliva normally provides a barrier against sensitivity, erosion and decay



BRUSH TWICE A DAY TO KEEP THOSE BUGS AWAY!



DON'T FORGET TO FLOSS.....

