

# DentalHealth

*Now Everyone Can Smile*

## Tooth Whitening

The Search For The Perfect Smile Goes On!

## Some Bad Dental Habits

Call Your Friendly Dentist  
Keep Smiling

## Pregnancy & Dental Health

## Put Your Heart In Your Mouth

cover story

# Dr. Ezani

**@**MasterChef Cooking Up A Storm









“ Beauty is not  
in the faces,  
beauty is a light  
in the heart,”

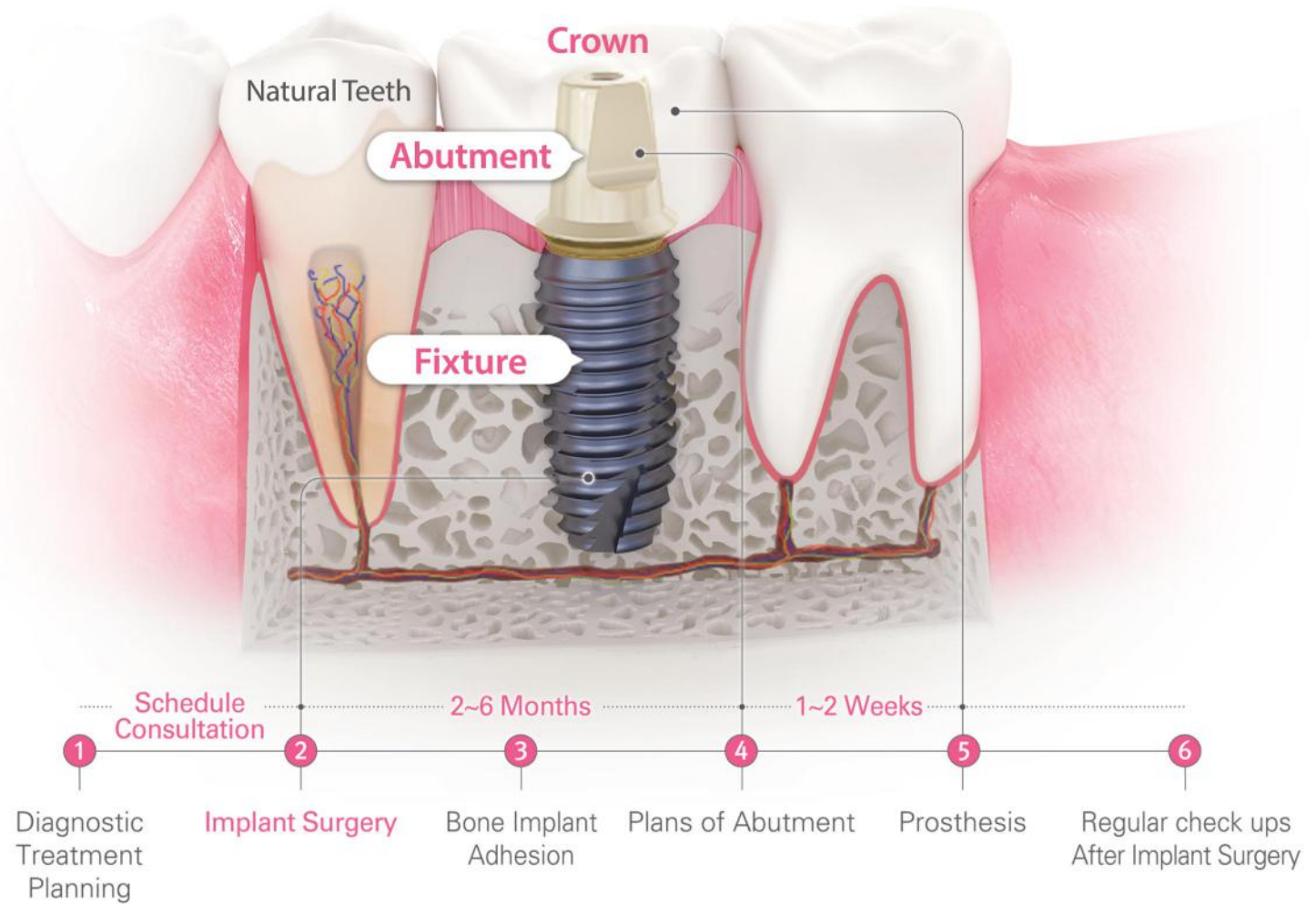
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# Best Replacement Solution for **Natural Tooth**





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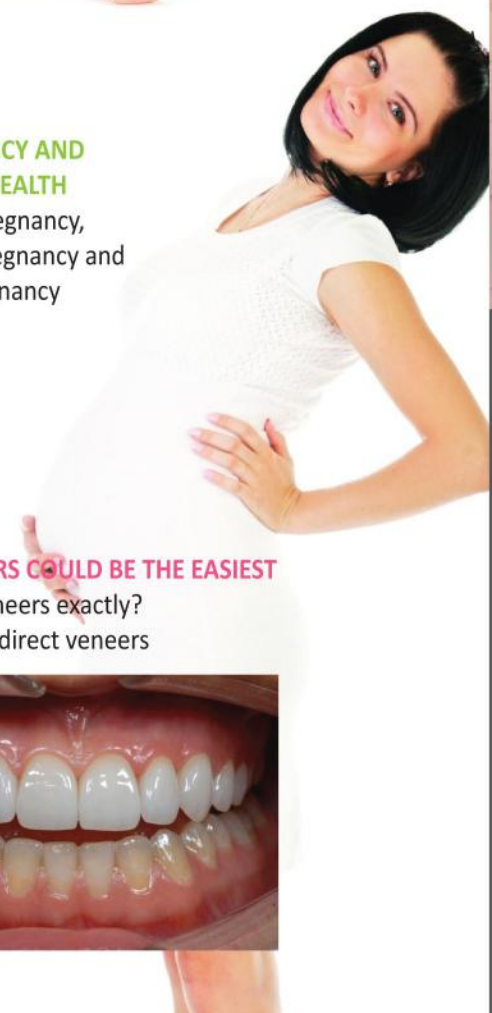
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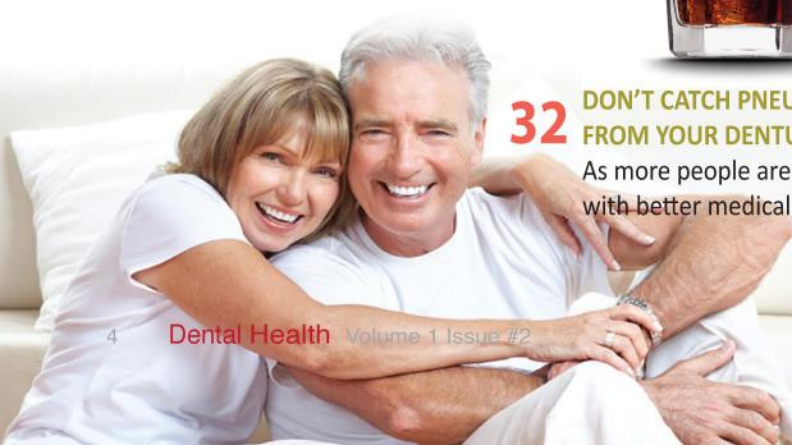
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## THE EDITOR'S LETTER

# Welcome To The 2nd Issue Of Dental Health

## This Is A Lifestyle Magazine

The First Issue of the Dental Health Magazine has been a runaway success. We have received rave reviews from both the Dental and Medical Professionals.

From reports and Sales figures we are also glad to say that it has been well received by the public at large.

Dental Health should and must be an important part of the total and overall health of every individual and we intend to show you that the journey starts with the care of your mouth and teeth.

We intend to show you in simple terms the relationship between YOUR Teeth-YOUR Smile-YOUR Total Health-YOUR Psychological and Psychological Make-up. YOUR Personality-Your Lifestyle and YOUR Happiness and Well Being.....

SMILE AND THE WORLD SMILES WITH YOU.

Your mouth is the gateway to your body...





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# Is An **ELECTRIC** Toothbrush

## Better Than **MANUAL** Toothbrush?

by R. Thiran

**T**he consumer today is targeted daily with all sorts of claims from toothbrush manufacturers about the benefits of using their products. So let's clear the air for our consumers, which is all of us. For today you cannot leave home without your toothbrush. One of the first items you pack when you go on a holiday is your toothbrush.

Is it possible to brush your teeth effectively with a manual toothbrush?

According to a report by the Mayo Clinic, an electric toothbrush can be a good alternative to some senior citizens, especially if they have arthritis or other conditions that make it difficult to brush. Well, an Electric toothbrush bristle movements might even help you remove more plaque from your teeth and improve gum health.





“ An electric toothbrush can be a good alternative to some senior citizens, especially if they have arthritis or other conditions that make it difficult to brush.

”



# Manual VS Electric Toothbrush

*If you do choose an electric toothbrush, follow the manufacturer's instructions about when to replace the head to ensure the brush works effectively.*

If you choose an electric toothbrush, make sure it is comfortable to your hand. Choose one that feels comfortable to hold. There are many varieties in the market, so choose wisely. Your Dentist will only be too happy to advice.

He may advice or suggests a model with a rotating and oscillating head or one with a head that uses ultrasonic pulses to move the bristles. Some come with varying speed or power levels, timers and rechargeable batteries.

If you do choose an electric toothbrush, follow the manufacturer's instructions about when to replace the head to ensure the brush works effectively.

From the common point of view a good manual toothbrush used correctly is just as effective.

But, whether you choose an electric toothbrush or a normal toothbrush, remember what is more important is daily brushing and flossing.

*Ref: Mayo clinic.org/healthylifestyle*





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# TOOTH WHITENING

*The Search For The Perfect  
Smile Goes On!*

**In** today's fast paced world, where success is quiet often related to one's appearance, dressing and poise; a gleaming white smile will definitely be an asset. It is true. According to Wiki Media, a branch of Wikipedia; Humans have been interested in tooth whitening since ancient times. It is reported that ancient Romans used urine and goat's milk in an attempt to make and keep their teeth whiter. "Yuck" (Please do not try this)

Guy de Chauliac (Wikipedia) suggests the following to whiten teeth. Clean the tooth gently, with a mixture of honey and burnt salt to which some vinegar has been added. In 1887 oxalic acid was proposed for whitening followed by Calcium Hypochlorite. Peroxide was used for tooth whitening in 1884. Indigenous Societies in Asia would have used their own ways. Charcoal and burnt ash has been used to clear teeth and to help whiten them. Now we hear of Modern Toothbrushes embedded with charcoal on their bristles to help you whiter your Smile. Isn't that Interesting!

## SOCIETY AND CULTURE

Teeth whitening has become the most marketed and requested procedure in Cosmetic Dentistry today. It is reported that more than 100 million Americans whiten their teeth one way or another, spending an estimated USD 15 billion in 2010 "WOW"

The U.S. Food and Drug Administration or F.D.A. only approves gels that are under 6%, hydrogen peroxide or 16% or less of carbamide peroxide.

The Scientific Committee for consumer protection of the EU considers gels containing a higher concentration to be unsafe.



## METHODS

Whitening methods include in-office bleaching (applied by a dental professional), and treatment which the individual carries out at home (either supplied by a dental professional or available over the counter). In some countries non-dental professionals also carry out tooth whitening procedures for consumers. **“We do not recommend this, as there are risks involved”.**

Bleaching solutions generally contain hydrogen peroxide or carbamide peroxide; which bleaches the teeth enamel to change its color. Over the shelf products typically rely on carbamide peroxide in varying concentration.

Bleaching solutions can be applied directly to the teeth, embedded in a plastic strip that is placed on teeth or using a gel held in place by a mouth-guard.

For better results we strongly recommend you consult with your Dentist before you undertake the procedure.

A thorough examination should be done by a Dentist and a basic, Scale and clean should be performed, before a tooth whitening procedure is undertaken. All routine Dental work, Fillings etc. should be in place before you attempt to whiten your SMILE!

## IN-OFFICE

This is by far as the most popular and effective way of Tooth Whitening and the results can be seen in an hour or so, this is often referred to as light assisted bleaching or Laser-bleaching. Different types of energy can be used in this procedure, with the most common being halogen, L.E.D. or plasma arc.

Lights are typically within the blue light spectrum, as this has been found to contain the most effective wavelength for initiating the hydrogen peroxide reaction. A power bleaching treatment, typically involves isolation of the soft tissues with a resin based light curable barrier and application of a professional dental grade Hydrogen Peroxide and exposure to light source.

Recent technical advances have minimized heat and ultraviolet discomfort allowing for a shorter procedure.

Many if not most Teeth whitening procedures can be done in approximately 30 minutes to an hour in a single visit to your friendly Dentist

If you are interested in a beautiful smile talk to your Dentist. He is the most qualified to give you advice on this: Ask him of the pros and cons.

SMILE at the World, and the World will not only SMILE at you; but also SMILE with you. Be Happy!

(Reference: Wikipedia)



As  
a Dentist and a  
Master-Chef she  
could contribute  
greatly to teaching  
Malaysians on the  
need to follow  
sound eating  
habits.

# Dr. EZANI *Farhana*

*Young Multi Talented  
Malaysian Dentist*



This lovely young lady, **Dr. Ezani Farhana binti Md. Monoto** Dentist - turned- celebrity - chef should be a role model not just for the young people of Malaysia but also for the youth of today in the Asean Region.

This sweet and bubbly young lady is a delightful person to talk to and we are more than pleased to have her as the 2nd Ambassador on the cover of our Dental Health Magazine. We were indeed delighted also she accepted our offer to work with us in promoting better Health Awareness to our fellow Malaysians and the Youth of Today and our future Leaders of Tomorrow.

And what better way to educate people, not just on the Total Health of the individual but the Total Health of the body through what we eat and put into our mouths.

As a Dentist and a Master-Chef she could contribute greatly to teaching Malaysians on the need to follow sound eating habits.





Dr. Ezani graduated as a Dentist from the University of Adelaide in Australia in 2010. Currently she is working as a Dental Officer at the University Health Centre, U.P.M Serdang. She is married to Dr. Azrai Abu an O&G Registrar at U.P.M and they are blessed with a baby girl.

Born in Muar, Johor this much travelled lass had her early education in Manchester U.K., then later at S.R.K. Convent K. Lumpur and Sekolah Tun Fatimah J. Bahru and later on to down under to Australia, to the beautiful Garden City of Adelaide in South Australia where she graduated as a Dentist.

## Dr. Ezani is an advocate for healthy eating and spreads the awareness and importance for healthy and nutritious cooking through various platforms.

She tells me that she developed her love for cooking from her Mom ,who must be a good cook too! Exposed to the Great Master Chef Australian Programme which has a very large following in Australia, while studying there, she honed up on her cooking skills.

On returning to Malaysia in 2011, she auditioned for the First Master Chef Malaysia Competition, after much coaxing from her close friends. "AND THE REST AS THEY SAY IS HISTORY".

She was crowned winner of Master Chef Malaysia Season 1 in January 2012. After winning this show she tells us that her life has changed drastically. She then decided to defer her Dental Career for one year to pursue opportunities as a celebrity chef, including cooking and travelog show, co-hosting a woman's talk

show, various guest appearances on TV, various cooking demonstration in events all over Malaysia and also in Australia, as Brand Ambassador for MyChef.

In 2013 she turned her attention to her first love, Dentistry and now works as a Dental officer at U.P.M. At the same time she still continues to be active as a celebrity chef and presently fulfilling various invitations for cooking demos and appearances.

Now Dr. Ezani juggles her life between a busy full time mother to a lovely baby girl, being a full time Dentist and a blooming venture in the culinary world, showing her passion in cooking, through cooking demos and workshop events, social media and various programmes on Television and ground events.

Various brands and products have also engaged Dr.Ezani as their spokesperson in their celebrity engagement campaigns.

As a health professional, Dr. Ezani is an advocate for healthy eating and spreads the awareness and importance for healthy and nutritious cooking through various platforms.

Dr.Ezani published her first cookbook entitled "Inspirasi Dapur Dr. Ezani on May 2015". We highly recommend this very interesting book from this lovely Dentist.

We are also delighted that this young lady has accepted our invitation to be on the Advisory Panel of our "Dental Health Magazine".

Watch this young lass because we are sure she will be "COOKING UP A STORM" in the years to come.







Dr.Ezani published her first cookbook entitled “Inspirasi Dapur Dr. Ezani on May 2015”. We highly recommend this very interesting book from this lovely Dentist.

## Recipe for our readers from Dr. Ezani

### Green Yoghurt Roast Chicken 1 whole chicken



Marinade:

1 cup natural yoghurt  
5 cloves garlic  
1 inch ginger  
2 large green chilli  
1 large bunch of coriander  
1 lemon or 2 limes, juiced  
½ teaspoon tumeric powder  
1 teaspoon cumin powder  
Salt to taste  
Honey to taste

1. Clean and trim chicken. Loosen and separate the skin in the breast and thigh to make pockets to fill the marinade.
2. Blend all marinade ingredients in the blender. Season to taste.
3. Place chicken in roasting pan. Pour some marinade ingredients and massage into chicken. Using a spoon, pour some marinade ingredients under the chicken skin. Reserve a little bit of marinade for basting the chicken during roasting. You can leave the chicken to marinade for 1 hour to overnight.
4. Preheat oven to 200 degrees C. Roast chicken in oven breast side up. Halfway through cooking time, baste the chicken with the extra marinade and turn the chicken over breast side down to cook evenly.
5. Check that the chicken is cooked through by cutting through the thickest part of the thigh. If the juices are clear, it means the chicken is cooked.
6. Cut into portions to serve.





**H**

**EADACHE AND MIGRAINE :** These are very common concerns to most if not all people; some time or another in their lives. The causes for headache and migraine are many and varied.

For some people the thought and fear of going to the Dentist itself might give them a headache. But hold on;

# **BRUXISM OR TEETH GRINDING**

*by R. Thiran*

***How It Can Give You A Headache Or Migraine***

We are going to show you how your Dentist can help you with your migraine.

Most people probably grind or clench their teeth from time to time.

Have you noticed when somebody is angry, how he clenches his teeth or bites his lips; and the lower jaw tightens; and the increased blood flow even makes their face so red.





*Up to 70% of  
bruxism is triggered  
by stress*







Occasional teeth grinding, medically called bruxism does not cause much harm, but when teeth grinding occurs on a regular basis, the teeth can be damaged and other health complications can arise, and even result in a headache.

Although the exact cause of bruxism is not clear, it may be caused by :

- (1) Emotional stress or Anxiety in our fast paced modern life.
- (2) Fatigue or sleep disorders like sleep apnoea.
- (3) An abnormal bite or crooked teeth or missing teeth.
- (4) Alcohol or drug abuse.

## **HOW TO TELL IF YOU ARE GRINDING YOUR TEETH**

Most of the abnormal activity often occurs during sleep; as such most people are unaware that they are grinding their teeth.

But if you wake up often with a Dull Headache or a sore jaw, or discomfort around your lower jaw or face; this is a typical symptom of bruxism or teeth grinding.

Quite often it's the wife or spouse who tells the other party that they grind their teeth at night. There are silent grinders and then there are noisy or loud grinders.

Teeth grinding or bruxism can occur in all age groups from young children at kindergarten to school going teenagers to college graduates to C.E.O of Companies and even our over-worked politicians and parliamentarians.

If you suspect you or any member of your family is grinding their teeth, "TALK TO YOUR FRIENDLY DENTIST".

A simple oral examination and a few questions will tell your Dentist whether you are a grinder. In the long term Teeth Grinding can do irreparable damage to your teeth and to your overall health. In chronic cases, this can result in fractures of your teeth, loosening of teeth and or loss of teeth. Chronic Grinding can wear down teeth to stumps. When this happens, then very expensive Dental Treatment may be needed like; bridges or crowns, root canals and even implants or partial or even Full-Dentures.

***If you wake up often with a Dull Headache or a sore jaw, or discomfort around your lower jaw or face; this is a typical symptom of bruxism or teeth grinding.***

It can result in TEMPORAL MANDIBULAR (TMJ) Joint pain and disfiguring of facial features and appearance of your face.

Early treatment is the most effective. All you may need is a simple mouth guard to protect you from grinding your teeth during sleep.

**"TALK TO YOUR DENTIST". HE IS AN IMPORTANT PARTNER IN YOUR LONG TERM OVER-ALL HEALTH.**

"He will not give you a headache but save you from having a headache."

*Ref: (1) Web MD (2) Mayo Clinic...Br...*









# SOME BAD DENTAL HABITS

CALL YOUR FRIENDLY DENTIST  
- so you can keep smiling.



### 1 Biting on Ice

This is a no-no! Some young people think that eating ice or biting ice is a MACHO THING. It can cause a lot of irreparable damage to your teeth over time. It can cause your teeth to fracture and chip and result in expensive and unnecessary treatment. This is one habit you must break.

If you have a compulsive urge to bite on ice, believe it or not, you maybe "Anaemic", so please check with your Doctor. Pica is an unusual condition where anaemic crave for ice and or clay. All you may need is some good advice and some nutritional support.

### 2 Brushing too hard or Over brushing

Be careful with the choice of your toothbrush. Choose discrimateley; do not think that a hard brush will be better. Far from that; a hard brush combined with excessive pressure can cause a lot of damage to your teeth and gums. It can wear away the protective enamel and lead to increased sensitivity and receding gums. Go instead look for a toothbrush with flexible bristles.

*Talk to your Dentist, he will be happy to explain.*

### 4 Not Flossing

Bacteria in your mouth and teeth which is ever-present can develop into plague; the leading cause of cavities and gum diseases; and this can develop in just a few hours within a day. Just brushing alone is not enough. Floss minimum once a day for good oral health.

### 5 Drinking lots of Carbonated Drinks and Soda

Carbonated drinks; the one that gives you the "FIZZ", also is not good for your teeth. Too much of anything is bad; some of them contain substances that erode teeth. If you want to drink them; maybe use a straw to minimize the contact with the teeth; and a good habit is to follow up with a mouth rinse after food or drinks.

### 6 Foods that Stain

Believe it or not, Your teeth enamel which is one of the hardest substance in the body; can act like a sponge to absorb stains from, Coffee, Teas, Coke, Soy Sauce and Red Wine. This will give your teeth a dull yellowish color over time.



### 3 The Wrong Toothpaste

Most of us do not think twice, because we have a large variety to choose from, with all sorts of claims from the manufacturers. Just be careful not to choose abrasive toothpaste. Anything that feels gritty can erode the enamel and cause receding gums. Fluoride in toothpaste is acceptable. But if you are pregnant; ask your pharmacist or dentist if they have any toothpaste without fluoride.

### 7 Frequent Snacking's

Too much of sugary or starchy foods are not only bad for your waistline, it is also not too mouth and tooth friendly. The bacteria living in your mouth create acids to break-down the food; but the acids can also affect teeth leading to tooth decay.

Eat some raw fruits like Apples and carrots instead. An apple a day may not just keep the Doctor away but might just Save a lot of unnecessary expenses at the Dentist too.





### 8 Using your teeth as a Tool

Most if not all people do this sometime in their lives. Ripping into a potato chip bag or loosening tight knots with their teeth, can lead to cracks and breaks, and damage fillings and existing Dental works.

How often have you bitten into frozen candy bar or a chocolate bar, straight from the freezer? This is a no-no. Some macho men even like to open bottle-caps with their teeth.

### 10 Avoiding the Dentist

Visiting your Dentist for a six-monthly check-up is ideal. Otherwise it should be a routine yearly check-up. The above is actually an arbitrary recommendation. We know that in some cases, people may actually need to see a Dentist every three months to keep gum disease at bay. For a long and healthy life start looking after your Mouth and Teeth.



**REMEMBER: "IT'S THE GATEWAY TO YOUR BODY".**  
So stop putting off the appointment, pick-up the phone now.

**CALL YOUR FRIENDLY DENTIST**  
- so you can keep smiling.



### 9 Neglecting Early Symptoms

If you have bleeding gums and or chronic bad breath. These are hall marks of gum diseases. To fight bad breath, drink a lot of water, use a mouthwash if you have to. To prevent bleeding gums brush and floss daily. If your symptoms persist longer than a few days, consult your "Friendly Dentist".





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## Dr. Ezani

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# The Cost of Delaying Dental Care

 **1 in 3**

Americans **delaying dental care** because of the current financial situation

Source: Aspen Dental Cost of Delay Study, 2013

**80%** know that delaying care **will cost them more** in the long run

Source: Aspen Dental Cost of Delay Study, 2013

**61%** of workers with income below \$35,000 have **no dental insurance**

Source: Aspen Dental Cost of Delay Study, 2013

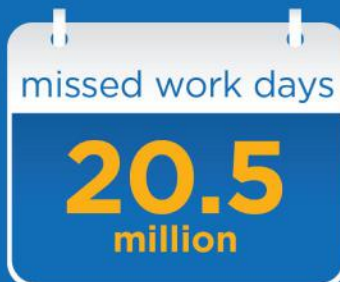


Only **1 in 10** Americans agree that routine dental visits are "critical" to their overall well-being

Source: Aspen Dental Cost of Delay Study, 2013

Annually, dental health-related illnesses are responsible for...

Source: US Department of Health and Human Resources, Oral Health, U.S. 2002 Annual Report



Increase in ER visits for dental problems from 2006 to 2009, resulting in over 800,000 ER visits in 2009 – a trend that is expected to continue

Pew Center on the States, "A Costly Dental Destination," 2012





# BRIGHTER SMILE. HAPPIER YOU.

GREAT DENTAL HEALTH AND WHITER TEETH ARE IMPORTANT ASSETS FOR HAPPINESS AND SUCCESS.



## 1<sup>ST</sup> IMPRESSIONS ARE EVERYTHING

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80% OF AMERICANS, AGED 18 TO 49, WANT WHITER TEETH.

# 6/10 PEOPLE



BELIEVE A WHITER, BRIGHTER SMILE WOULD BOOST THEIR SELF-CONFIDENCE, ESPECIALLY IN THE 18 TO 24 AGE RANGE.



## CONFIDENCE

99.7% OF AMERICANS BELIEVE THAT AN ATTRACTIVE SMILE IS AN IMPORTANT SOCIAL ASSET.



## ROMANCE

71% OF WOMEN AND 58% OF MEN RATE HEALTHY TEETH HIGHEST WHEN JUDGING A POTENTIAL DATE.



## SUCCESS

74% OF ADULTS FEEL AN UNATTRACTIVE SMILE CAN HURT A PERSON'S CHANCES FOR CAREER SUCCESS.



## TIPS FOR WHITER, HEALTHIER TEETH



### PROFESSIONAL WHITENING

- YOUR DENTIST CAN BRIGHTEN YOUR TEETH UP TO 10 SHADES IN ABOUT AN HOUR.
- TEETH WHITENING IS THE #1 REQUESTED COSMETIC DENTAL SERVICE TODAY.



### WHITEN NATURALLY

- EAT CRUNCHY FRUITS AND VEGGIES - APPLES, CELERY AND CARROTS
- BRUSH AWAY STAINS WITH BAKING SODA
- EAT CHEESE AFTER A MEAL
- BRUSH AND FLOSS REGULARLY



### AVOID STAINS BY TOP OFFENDERS

- COFFEE/TEA
- FRUIT JUICES (IE. CHERRY, GRAPE, AND CRANBERRY)
- DARK SODAS
- TOBACCO/SMOKING OR CHEWING







# DON'T CATCH PNEUMONIA FROM YOUR DENTURES



## **More People Are Living Longer, With Better Medical Care.**

It is very obvious that with our seniors living longer; than better Dental Care and Oral Health becomes very important for health of our Senior Citizens. More and more old people especially in the middle and lower income group are ending up wearing Dentures either partial or Full-Dentures. Although newer method like implants for both partial and even full mouth replacements are available; these are unfortunately very expensive procedures and can often be out of reach for many people.

So for those who end up with Dentures; care for your Dentures become important from a

basic health point of view. Could you be exposing yourself to some chronic and dangerous diseases; just by using dentures? A study done in Japan says that's exactly what may be happening to the denture wearers around the world. This is what you need to know.

### **What Not To Wear To Bed?**

The Japanese study included 524 men and women who ranged in age from 85 to 102. At the beginning of the study, each participant had a dental exam and a face-to-face interview to answer questions about his or her general or oral health. The participants who wore dentures were also asked questions such as how and how often they cleaned their dentures. And they were asked if they wore their dentures to bed.



Over the course of the next three years, 20 of the participants died of pneumonia. Another 28 were hospitalized with pneumonia but eventually recovered. When the researchers analyzed the data, they found that factors associated with increased risk of pneumonia included difficulty swallowing, cognitive impairment and whether the person had ever had a stroke or a serious or chronic respiratory disease...and whether he or she wore dentures to bed.

Sleeping with dentures was the only risk factor directly related to behavior. In fact, people who wore dentures to bed had double the risk of pneumonia of those who removed their dentures at night.

People who slept wearing dentures also tended to clean their dentures less frequently. As you can guess, bacteria can easily congregate on dentures. When it does, a bacterial film forms—similar to the layer of soap scum that accumulates in a bathtub that doesn't get cleaned.

Eventually, the bacteria find their way from a person's mouth to the throat. From there, the organism can be inhaled (aspirated) into the lungs—and this is what the researchers think is happening among people who sleep wearing dentures.

Bacteria inhaled in this way can result in *aspiration pneumonia*, pneumonia caused by breathing in particles of any type that enter the throat. Older people are much more vulnerable to aspiration pneumonia because their immune systems aren't as strong as those of younger people.

### Good Denture Hygiene And Sleep

But is the problem wearing dentures to sleep or wearing dirty dentures to sleep? Some American dentists think that sleep-time denture-wearing helps prevent sleep apnea because it helps keep the airways open. Rather than dentures, though, the American Academy of Dental Sleep Medicine recommends that people with sleep apnea be fitted for an oral appliance specifically made to be worn at night and designed to prevent sleep apnea. Talk to your dentist for more info on this.

If you wear dentures (full or partial) or know someone who does and are concerned about health risks of sleeping with dentures-or health risks of sleeping without them-talk to your dentist. Most importantly, especially if you choose not to remove them while sleeping, make sure to keep them clean, as suggested in the Japanese study, by washing them daily in peroxide-based cleaner, such as **Polident. It is widely available in most pharmacies.**



Source : Study titled "Denture Wearing during Sleep Doubles the Risk of Pneumonia in the Very Elderly," published in Journal of Dental Research.



# ASK

## YOUR DENTIST

- **Painless Dentistry....dental treatment without the needle.**
- **Accupuncture use in Dentistry.**
- What is sedation Dentistry.
- Orthodontics without the wire.. What is this ?
- Your tongue and the stories it can tell about your state of health.



# *Put Your* **HEART**

# *In Your* **MOUTh**

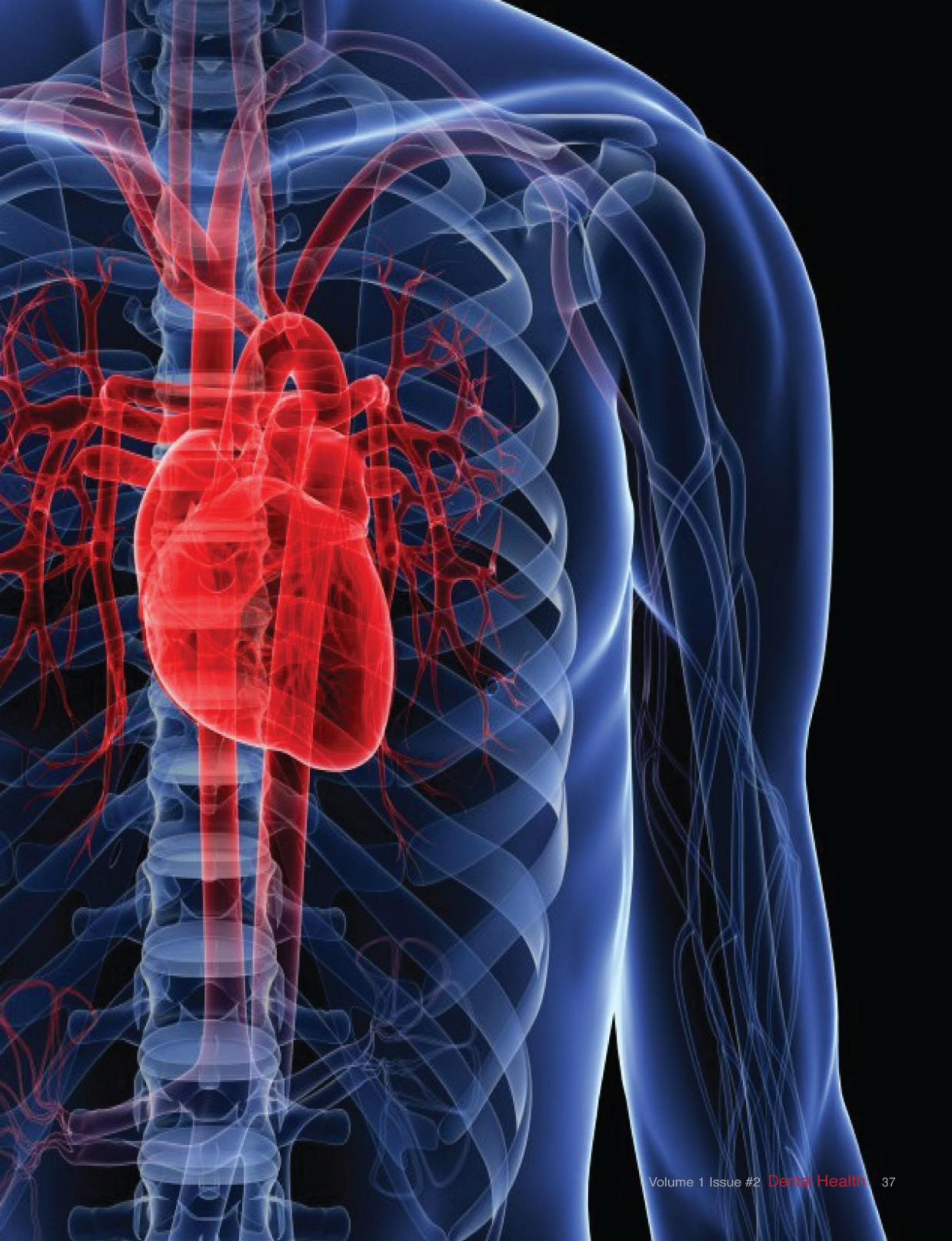
**T**he health of your heart, in fact the health of your whole body essentially depends on what you put into your mouth every day.

The prevalence of heart disease today is only too well documented.

Our Modern day diet filled with processed and packaged foods combined with our fast paced and stressful lifestyle is we are told. a recipe for an eventual "Heart Attack". We are told that after a certain age, most people will succumb to some form of Heart Disease or other. Almost everybody will develop High Blood Pressure after a certain age. Is This True?









Modern medicine has of course come to the rescue with all sorts of medicines and new approaches to treatment of these conditions.

But Hold on what has all this got to do with THE HEALTH OF YOUR MOUTH OR YOUR TEETH FOR THAT MATTER.

Your mouth after all is your gateway to your body and also your gateway to your total health.

The Mouth together with the associated structures and teeth has indeed a very important part to play in the health of your heart.

New studies in major Centres of Research has repeatedly shown that poor oral and Dental Health has everything to do with your total Health and the Health of your Heart.

The association between poor or compromised Dental Health and the health of your HEART has been well documented...

Gum disease is the most common chronic inflammatory condition in the world, yet it's often a silent disease. The mouth can act as a portal of entry for infections says Salmon Amar, DMD, PhD; Professor and Director at the Centre for Anti-inflammatory Therapeutics at Boston University School of Dental Medicine. Ongoing inflammation in your mouth can allow bacteria to enter the bloodstream and lead to more inflammation in other parts of your body such as your heart.

A study at the North Carolina School of Dentistry found that people with gum disease were twice as likely as others to have a Heart Attack and three times as likely to have a stroke.

Heart disease and strokes are of major concern to many in countries like Malaysia.



### WARNING SIGNS OF GUM DISEASE :

- 1.Red and Swollen Gums.
- 2.Bleeding while Brushing or Flossing.
- 3.Gums that seem to be pulling away from your teeth.
- 4.Chronic Bad Breath or bad taste in your mouth.
- 5.Loose teeth.

Talk to your Dentist and GO FOR REGULAR CHECK-UPS Dental Health Team.

REF: Web Md.Oral Health and Wellness.  
Oral Health in America.  
A report of the Surgeon General.



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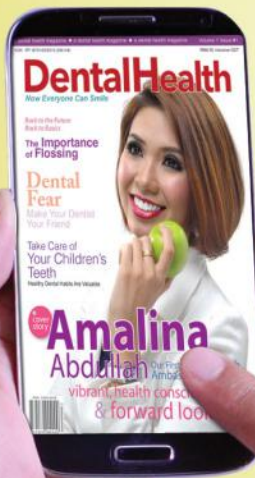


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# Dental Health

## From Head To Toe

*by Vanessa Surian*

Years ago, the state of your teeth and gums wouldn't have alarmed your general physician. But in the past 5 to 10 years, there has been mounting evidence that gum disease and poor oral health - which is so common in our society - has been linked to overall health throughout the entire delicate system our bodies are.

It typically begins with bacteria that builds up on teeth, increasing the risk of gum infection. The immune system does its job and tries to attack the infection which inflames the gums. If left untreated, the inflammation and chemicals released by it eat away at the surrounding gums and bones which may result in periodontitis and lead to problems in the rest of the body.

A simple yet thorough daily dental health regimen paired with regular visits to your dentist may help protect you against a myriad of diseases that can occur throughout the body. Here are some conditions that can be affected by your oral health.







**Brain** - Stroke caused by a stoppage of blood flow to the brain which causes brain tissue to die. Poor oral health is also linked with an increased risk of dementia.



**Womb** - Increased time to conceive and risk of premature birth.



**Mouth** - Loss of teeth resulting from gum disease and tooth decay. Bacterial infections of tissue and bone in and around the mouth.



**Pancreas** - Diabetes and pancreatic cancer have both been linked to periodontal disease.



**Heart** - Coronary heart disease, heart attacks and other heart conditions.



**Bones** - Reduction in bone mass (osteopenia) is associated with gum disease.



**Arteries** - Clogged Arteries from plaque build-up on the inner walls of the arteries. Blood flow may be reduced or blocked altogether.



**Veins** - Sepsis, an overactive immune response to infection that leads to the formation of blood clots that may block the flow of blood to vital organs throughout the body.



**Lungs** - Respiratory disease like asthma, chronic obstructive pulmonary disease, infections, lung cancer, other breathing problems.

Sources: WebMD.com, livescience.com





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*Anniversary Celebrations*



*From the team of Dental Health magazine*





# PREGNANCY AND DENTAL HEALTH

*by Ms. Vanessa*

## **Pregnancy and Oral Health**

There is an abundance of information out there about the importance of good nutrition and gentle exercise while pregnant. Proper dental care before, during and after pregnancy is similarly important. Simple measures are all that is needed. Here are some guidelines to ensure both pregnant mother and baby are taken care of in the best way.



## Before Pregnancy

Part of a well-planned pregnancy includes making sure your oral health is in peak condition. Gum disease may affect the health of the growing baby negatively, potentially resulting in underweight or preterm babies. Make an appointment with your dentist to get your teeth professionally cleaned and make sure any gum disease or other oral health problems are taken care of. Oral microbes can cross the placental barrier, which would expose the fetus to possible infection.

## During Pregnancy

Maintain a good daily oral health routine that includes adequate brushing and flossing.

Unless it is a dental emergency, visits to the dentist should be avoided during the first and third trimester. As it is a critical time during a baby's growth, it would be best to avoid any procedure. However, during the second trimester routine dental care can be received.

If at all possible, avoid dental x-rays during pregnancy. If it is necessary, your dentist will take extra precautions to safeguard you and your baby.

Don't skip your regular appointment, as pregnancy causes a shift in hormones that increase your risk for periodontal disease or gingivitis.

Morning sickness may be a problem, and your toothpaste may worsen the nausea, if so, switch to a milder tasting brand, ask your dentist for a recommendation. For women who experience severe morning sickness, the enamel on the back

of the front teeth may erode due to the vomiting. In this case brushing your teeth too soon after vomiting may worsen the erosion. Ask your dentist for advice on how to prevent enamel erosion.

Nutrition will not only help you and your growing baby be healthy, but healthier food choices will also keep your mouth free of tooth decay, and as your baby's first teeth develop in about three months into the pregnancy, you will ensure healthy development of teeth and gums.

Poor oral health care during pregnancy may result in pregnancy granulomas, which usually develop in the second trimester of pregnancy. They present as red nodules found near the upper gum line, growths that bleed easily and may form ulcers or crust over.

Women who get these growths also have widespread pregnancy gingivitis. Pregnancy granulomas will disappear after the birth of your baby, they will only need to be removed if they interfere with your speaking or eating.

## After Pregnancy

As changing hormones during pregnancy might have changed your oral health for worse during pregnancy, make it a point to get a checkup after your pregnancy to ensure you treat any gum disease or tooth decay that may have occurred during your pregnancy.

*Sources: simplestepsdental.com and webmd.com*



# Why Veneers could be the easiest, most painless way to protect your teeth and beautify Your Smile!

By Dato' Dr How Kim Chuan and Dr. Ariena Philip Lee

With the ever increasing aesthetic awareness on aesthetics and the need to beautify and improve appearance , veneers are currently the in- trend providing instant and predicable and sastisfactory results for a beautiful smile.

## WHAT ARE VENEERS EXACTLY?

Veneers are essentially tooth colored material placed on the surface of the tooth to improve the appearance. There are currently two main types of material used as veneers , the porcelain veneers as well as composite veneers.

The indirect veneers are veneers that done in the dental laboratory. They could be made of composite or porcelain as well. The dentist would take a mould of the tooth to be sent to the laboratory to be fabricated. 7-10 days later the veneers would be fitted in the mouth and final adjustments done.



*Composite Veneer to camouflage discolored lateral incisor*

## DIRECT AND INDIRECT VENEERS

Direct composite veneers are essentially veneers made of dental filing material that is custom made chairside, which means that the patients gets instant results and the veneers are placed on the same visit itself. This is also possible with laminate porcelain veneers which are prefabricated and adjusted to fit in the patients mouth.

## ARE VENEERS HARMFUL TO MY TEETH?

Veneers requires very minimal tooth preparation of 0.2-0.5mm which is painless, therefore often no local anesthesia is needed. Minimal preparation also ensures that maximum tooth structure would be preserved. Veneers ensure that the tooth are permanently whitened.



*Veneers for a brighter smile*



## IS VENEER SUITABLE FOR EVERYONE?

Veneers are basically camouflage for flaws such as stains on tooth, large fillings on front teeth that are visible, minor misalignment such as gaps between teeth and also chipped tooth edges. It aids in correction of shape, length and size of a tooth.

Veneers are contraindicated in individuals who has bruxism as well as inadequate tooth structure. In these cases, crowns are a more suitable option.

## CAN I HAVE OTHER TREATMENTS TOGETHER WITH VENEERS?

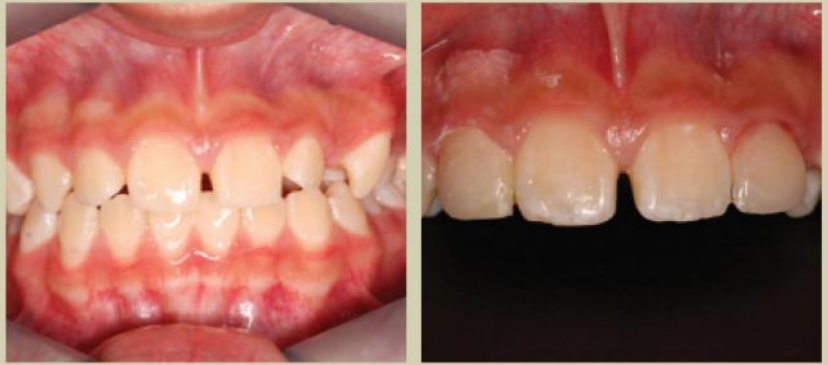
Veneers are often done together with other aesthetic treatments such as whitening, which in return produces optimum results. Veneers are also done after completion of orthodontic treatment in order to correct the shape and the size of tooth.

## HOW DO I CARE FOR MY VENEERS AND HOW LONG DO THEY LAST?

In general, taking care of veneers are very simple. It allows the normal toothbrushing routine as well as flossing, No special care is needed for veneers. Often, patients are advised on getting a nightguard to prevent chipping of the veneers due to grinding at night.

The properties of the composite veneers as well as the porcelain veneers differs slightly. Composite veneers are inferior to porcelain veneers in terms of aesthetic as well as strength. The composite veneers are more prone to chipping and is less translucent. At the same time, composite veneers also stain more easily compared to the porcelain ones. However, chair side polishing would be sufficient to remove the stains. Composite veneers has the advantage of lower cost compared to porcelain veneers.

With the evolving technology as well as material advancement in Dentistry, the lifespan of veneers are increasing ranging from 3-5 years for composite veneers and up to 10 years for porcelain veneers.



*Composite veneers to correct shape of peg shape lateral incisor*

*In general, taking care of veneers are very simple. It allows the normal toothbrushing routine as well as flossing, No special care is needed for veneers.*



*Composite veneers in combination with full zirconium crowns on the posterior*



*Porcelain Emax Crowns and Veneers*



# IN COMING ISSUES

- New Age Dentistry
- Anti-Aging Dentistry....WHAT IS THIS !!!!
- Lasers in Dental Treatment
- Stem Cells and how they are effective to help us live longer.
- What Causes Bad Breath.
- Amalgam and Tooth coloured or Composite Bonded Fillings!

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*Suranda Tharoor throws hissy fit in D...*

*Christie*

*dolor consectetur adipisicing elit*



Artist  
First painting  
2nd painting  
Medium

Ambassador Dato' Mohd Yusof Ahmad  
AQUATICA  
MISTY MOUNTAIN  
Watercolour and organic mineral on paper, 13 x 13 inches, 2015



Dato' Mohd Yusof Ahmad is a former diplomat, having served the Malaysian diplomatic service for 35 years. His last assignments were as Ambassador to Peru, Bolivia and Colombia (1999-2002) and finally Ambassador to Switzerland and Liechtenstein (2006 -2010). He had always been passionate about art and started collecting paintings in 1981 while serving in Italy. In his later career he also promoted Malaysian artists and their works.

Dato Mohd Yusof started painting in 2001 more as a hobby, under the tutelage of a famous Peruvian artist. Upon his retirement in the diplomatic service he was appointed Director-General of the National Art Gallery (now The National Visual Art Gallery), a post he held for 2 years and 7 months.

In 2014 he had three solo exhibitions of his paintings; a one-month exhibition entitled "Un Viaggio Con Colori/A Journey With Colours" at the Universiti Malaya Art Gallery in January, followed by a three weeks exhibition at the Institute of Diplomacy and Foreign Relations in March, and then a one-month exhibition entitled "Garis, Alor dan Bentuk (Lines, Flows and Shapes) at Bastion House, A Famosa, Melaka in May.

His paintings are in the collection of among others Galeri Seni Johor, Universiti Kebangsaan, Universiti Malaya, Great Eastern Takaful, The National Visual Art Gallery, Tun Dr Mahathir Mohamed, Tan Sri Syed Hamid Albar, The Governor and the Menteri Besar of Melaka, the Ministry of Foreign Affairs and many others.



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## ToothMSCs

Tooth Pulp Tissue Mesenchymal Stem Cells

Tooth pulp-derived Mesenchymal Stem Cells - **ToothMSCs** are special cells that live in the pulp tissue inside our teeth. A rich source of MSCs can be found in this tooth pulp tissue, protected and unexposed to the external environment due to the hard and sturdy layer of dentin and enamel.

Over the years, findings on **ToothMSCs** have been explosive and researchers around the world are currently exploring the possible application of **ToothMSCs** as regenerative medicine.

**BEST STEM CELL BANK 2012 - 2015**

Awarded by BabyTalk Magazine





## Tooth fairy comes to life

Teeth are usually thrown away as medical waste after removal. Through science and innovation, parents today are able to store their child's **ToothMSCs** if the need ever arises.

MSCs have the potential to treat heart disease<sup>1</sup>, Parkinson's disease<sup>2</sup>, cerebral global ischemia<sup>3</sup> and retinal disease<sup>4</sup>.

**ToothMSCs** (tooth derived Mesenchymal Stem Cells) will be cryopreserved in the liquid nitrogen tank under the temperature of -190°C.

Our state-of-the-art laboratory certified to cGMP (PIC/S) requisites was awarded by NPCB (BPFK), a division of the Ministry of Health, Malaysia.



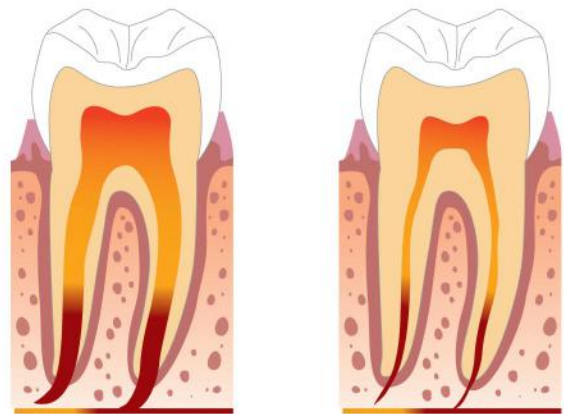
<sup>1</sup> Wang H-S, et al. Mesenchymal Stem Cells in the Wharton's Jelly of the Human Umbilical Cord. *Stem Cells*. 2004;22: 1330-1337.  
<sup>2</sup> Fu Y-S, et al. Conversion of Human Umbilical Cord Mesenchymal Stem Cells in Wharton's Jelly to Dopaminergic Neurons In Vitro: Potential Therapeutic Application for Parkinsonism. *Stem Cells*. 2006;24:115-124.  
<sup>3</sup> Jomura S, et al. Potential Treatment of Cerebral Global Ischemia with Oct-4+Umbilical Cord Matrix Cells. *Stem Cells*. 2007;25:98-106.  
<sup>4</sup> Lund RD, et al. Cells Isolated from Umbilical Cord Tissue Rescue Photoreceptors and Visual Functions in a Rodent Model of Retinal Disease. *Stem Cells*. 2007;25:602-611.

## The Earlier, The Better

Age is important. Stem cells are best stored at the earliest opportunity because stem cells within the dental pulp become less proliferative as the individual ages.

Thus, you should enroll yourself or your child now; given it's under the following conditions:

- Your child's tooth starts to loose
- You intend to undergo wisdom tooth removal
- You intend to undergo orthodontic surgery



Healthy Pulp Molar of 18 years old

Sclerosed Pulp Molar of 60 years old

Reference: [www.stemsave.com](http://www.stemsave.com)

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 or ask your dentist about **ToothMSCs**



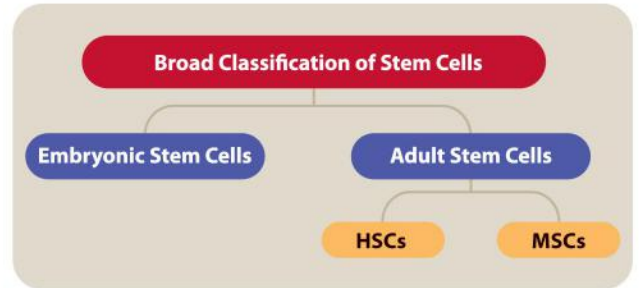
# ToothMSCs

Tooth Pulp Tissue Mesenchymal Stem Cells

## Understanding Stem Cells

A stem cell is defined as a cell which has self renewal (i.e. self replication) and differentiation (i.e. becoming other cells) properties. It is through these processes that the human body can continuously “recharge” and “repair” itself. When injury occurs, the organ emits a special signal to attract stem cells into action, known as the “homing effect” and is one of the unique characteristics of stem cells.

There are two broad classifications of stem cells: Embryonic Stem Cells and Adult Stem Cells. Hematopoietic Stem Cells (HSCs) and **Mesenchymal Stem Cells (MSCs)** are classified as adult stem cells.



## Comparison between Hematopoietic Stem Cells/ Progenitor Cells with Mesenchymal Stem Cells

Comparison	HSCs/ PCs	MSCs
Source	Cord blood, Mobilized peripheral blood, Direct bone marrow.	Tooth pulp, Cord tissue, Fat, Bone marrow.
Potential Usage	Hematopoietic indications such as leukemia, thalassemia, anemia.	Tissue repair; GVHD; Heart functions; Stroke; Arthritis; Bone healing; etc.
Characteristics	Promotes angiogenesis (forming of new blood vessels); Differentiates into blood components (red blood cells, platelets, white blood cells, etc).	Generally more flexible than HSCs; Differentiates into a wide range of cells and tissues (heart, bone, cartilage, cornea, ligament, skin, liver, etc).
Cost	Cord Blood Stem Cells (processing: ≤RM2,800, annual storage: ≤RM280); Peripheral Blood Stem Cells (processing: ≤RM15,000, annual storage: ≤RM650).	<b>ToothMSCs</b> (processing: ≤RM5,500, annual storage: ≤RM590).
Cell Culture Before Storage	No.	Yes.
Percentage in Total Cells Harvested from Source	Approximately 5%.	Approximately <0.5%.

## Mesenchymal Stem Cells

Although there are a few variants of MSCs, it is generally characterized by its physical attributes and its ability to differentiate into a wide range of cells and tissues such as heart, nerve, cornea, fat and cartilage due to it being more primitive in nature than HSCs. MSCs are proven to reduce GVHD (rejection to transplants) and has anti-inflammatory effect during transplantation<sup>1</sup>. It also promotes angiogenesis (forming of new blood vessels) and provide the paracrine effect (cell signalling to enhance the survival of neighboring cells). Many researches are being conducted around the world on the use of MSCs on many different diseases such as heart diseases, joint diseases, GVHD, etc.

## Harvesting & Storing Mesenchymal Stem Cells

Fat has been identified as one of the best sources to harvest MSCs. Upon harvesting your fat tissue, they will be transported to our ultra-clean, state-of-the-art laboratory to isolate and grow stem cells to a desired number. Throughout the whole process, stringent quality control ensures uncompromised quality. Upon successful culture, the MSCs are then stored in a cryogenic preservation at -190 degrees celcius, ready for when you might need them.

## ToothMSCs

MSCs harvested from tooth pulp (Tooth Pulp derived MSCs) are special cells that live in the pulp tissue inside our teeth. A rich source of MSCs can be found in this tooth pulp tissue, protected and unexposed to the external environment due to the hard and sturdy layer of dentin and enamel, hence instead of discarding the tooth, MSCs are extracted from this source in our cGMP certified cell processing laboratory.

## Why Store Mesenchymal Stem Cells Now?

Early storage of MSCs can be very beneficial for a number of reasons. As MSCs are found to have the ability to differentiate into cells of organs that are critical to the human body, its indications to medical treatment are priceless. Hence, it is better to harvest and store MSCs earliest possible to benefit from research and possible treatment as cell production declines in quantity and quality as one ages.

It is best to harvest MSCs when a person is in good health because:-

- MSCs harvested is greater in quantity;
- MSCs harvested is better in quality;
- Healthy persons produce healthy cells that are able to produce better results when cultured;
- For certain diseases, it has been shown that earliest possible stem cell treatment (perhaps within 2 weeks) can reduce damages, hence culturing before hand allows optimum results as the culture process may take more than a month.

As you will never know when MSCs might be needed to enhance surgical procedures or even save lives, it would be prudent to be prepared. Enroll yourself or your child now; given it's under the following conditions:

- Your child's tooth starts to loose
- You intend to undergo wisdom tooth removal
- You intend to undergo orthodontic surgery

Contact **CryoCord** at 1800 88 3300 to learn more about **ToothMSCs!**

<sup>1</sup> R. Ramasamy et al. The Immunosuppressive Effects of Human Bone Marrow-derived Mesenchymal Stem Cells Target T Cell Proliferation but Not Its Effector Function, Cell. Immunol. (2008) doi: 10.1016/j.cellimm.2008.04.009.



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