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# Aspect

A QUARTERLY NEWS BULLETIN

*Great Health Starts Here*®

**Spring 2019**  
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Welcome to Aspect, Nevada Dental Benefits, Ltd.'s quarterly newsletter, through which we offer contemporary news information on oral health, the dental industry, the latest research and advice for providers.

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## PSORIASIS LINKED TO PERIODONTAL DISEASE IN NEW STUDY

By Theresa Pablos | DrBicuspid.com

January 9, 2019 -- People with psoriasis may also be at an increased risk for periodontal disease. The findings of a new study linked the itchy, red skin condition to the health of teeth and gums.

Psoriasis is a chronic autoimmune skin disease that presents as thick, red, and sometimes scaly patches on various parts of the body, such as the elbow and scalp. Researchers from Germany believe gene expressions attributed to inflammation and bone resorption may underpin both psoriasis and periodontitis. They published their findings in the *Journal of Investigative Dermatology* (January 2, 2019).

"Genetic factors, pathophysiologic overlaps, and common risk factors may be common in both conditions," wrote the authors, led by Sirka Woeste, an assistant dentist at Kiel University Clinic of Conservative Dentistry and Periodontology in Kiel, Germany. "Gene polymorphisms ... are mentioned as risk factors for both psoriasis and periodontitis."

### New prospective study

Few studies have evaluated the relationship between psoriasis and periodontitis, but previous ones have found a significant link may exist between the two conditions. Therefore, the researchers from Germany wanted to conduct a prospective study to serve as a springboard for further research.

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*"Psoriasis management should, therefore, include regular dental checks on periodontal status."*

— Sirka Woeste and colleagues

"The data on oral health parameters for psoriasis patients are not yet consistent and exhaustive," the authors of the current study wrote. "To enlarge the data basis for periodontal and dental health in psoriasis patients, we aimed to get a comprehensive oral status of psoriasis patients in comparison to patients not having psoriasis in a prospective fashion."

The researchers began by enrolling 100 patients with psoriasis and 101 patients without psoriasis in their study. A dentist evaluated the oral health of all patients by performing bleeding on probing, community periodontal index (CPI), and decayed, missing, filled teeth assessments. The patients also filled out a questionnaire that included their age, smoking status, education level, and oral hygiene habits.

The researchers then performed two statistical analyses. In the first, they matched patients with psoriasis who had similar demographic and health factors to those without psoriasis. This matched analysis resulted in 53 pairs of patients with similar ages, oral healthcare habits, food intake, body mass indexes, and education levels.

The second statistical analysis, a logistic regression, included all 201 patients. From this analysis, the researchers were able to identify whether psoriasis may be an independent risk factor for periodontal disease.

Patients with psoriasis had significantly worse periodontal health than those without psoriasis, they found. In the matched analysis, patients with psoriasis had worse bleeding on probing and community periodontal index scores than their peers without psoriasis. They also reported significantly more bleeding when brushing their teeth.

The second, logistic regression analysis confirmed this association. The presence of psoriasis was a significant risk factor for worse bleeding on probing and CPI scores, even after adjusting for other potential confounding factors.

"Psoriasis patients showed significantly higher values for parameters addressing periodontal inflammation," the authors wrote. "Psoriasis management should, therefore, include regular dental checks on periodontal status and respective treatment where required."

### Including dental care in psoriasis care

One major limitation of the study was that the matching process limited the patient sample size by half. However, the matching process was needed because some confounding factors can greatly impact periodontal health, according to the authors. For instance, they found a significant association between periodontal health and psoriasis status when the groups were matched for smoking status; however, the significance was not as strong as before the matching process.

Overall, the study findings suggest that psoriasis and periodontal disease may be linked. The authors recommended that patients with psoriasis include dental care as part of their treatment routine.

"The results of this investigation together with recently published data provide a sound basis to recommend regular dental checks on periodontal status and to initiate periodontal treatment where required," the authors wrote. "Future studies should investigate on a long-term basis if and to which extent an improvement of the periodontal status would correlate with the clinical course of psoriasis."

To view the original article, [click here](#).



## FROM OBESE TO STARVING, NUTRITION CRISIS PROMPTS SOS CALL FOR NEW APPROACH

Thin Lei Win | Reuters

ROME (Thomson Reuters Foundation) - With billions of people either starving or obese, poor diets have become a leading cause of disease and death, prompting calls for a new approach in 2019 to how food is produced to stem rising rates of malnutrition.

Eating unhealthy food, or not having enough food, has led to rising rates of malnutrition, with one in eight adults globally now obese - while one in nine go hungry and almost 2 billion lack essential vitamins and minerals.

Per Pinstrup-Andersen, professor emeritus at New York's Cornell University, said these figures were a wake-up call to change the focus on food production which for decades had aimed to boost crop yields and calories to save people from starving.

But he said it was now time to focus on nutrients.

"You can go blind from not getting enough vitamin A," said Pinstrup-Andersen, who used to head the Washington-based International Food Policy Research Institute (IFPRI).

Yet agricultural researchers have been reluctant to shift the focus from calories to nutrients, he said, arguing they are still struggling to supply enough calories to a growing population to worry about the quality of the diet.

But the argument for change is growing.

In January, a report by Oslo-based EAT Foundation, which aims to transform...


To view the full article, [click here](#).

Reporting By Thin Lei Win @thinink, Editing by Belinda Goldsmith; Please credit the Thomson Reuters Foundation.

## OPIOID-MAKERS FACE WAVE OF LAWSUITS IN 2019

NPR (12/31, Mann) reported that 2019 "might just redefine the way America thinks about and responds to the opioid epidemic" as the nation's largest drug producers and distributors "face a wave of civil lawsuits that could total tens of billions of dollars in damages." Numerous state and local governments are pushing to have the companies "compensate them for the costs of responding to the crisis" and release internal documentation showing the extent to which the companies were aware of the risks posed by opioids. The findings were published in JAMA Network Open.

Follow all of the ADA's advocacy efforts on opioids at [ADA.org/opioids](https://ada.org/opioids). As a public service, the ADA Center for Professional Success website is now offering free access to information on safe prescribing, online continuing education, and other tools for managing dental pain, especially for patients who are at risk for drug overdose or addiction. For more information, visit <https://success.ada.org/en/wellness/preventing-opioid-abuse>

 Read the full NPR report [here](#).

## UNLV Fundraiser



# Benefit for Smiles Gala

Congratulations to the University of Nevada, Las Vegas on raising nearly \$50,000 at their second annual Benefit for Smiles Gala on Dec. 7, 2018.

NDB staff members were in attendance to help raise money for the UNLV School of Dental Medicine Saturday Morning Community Clinics, and the Southern Nevada Dental Society Scholarship Fund at the Dental School.

NDB would like to congratulate Dr. Michael Sanders on being recognized for his commitment and service to dentistry in Nevada. We are grateful to have participated in honoring him that evening.



## ANTIBIOTIC RESISTANCE: OLD IRISH 'SOIL CURE' TACKLES MAJOR SUPERBUGS

Catharine Paddock PhD | Medical News Today

### Traditional folk medicine could help solve the growing threat that antibiotic resistance poses to public health.

Have researchers found the answer to antibiotic resistance in a type of Irish soil?

Scientists at Swansea University Medical School, in the United Kingdom, drew this conclusion after studying samples of Irish soil with a long healing tradition.

They found that the soil contained a previously unknown strain of *Streptomyces* bacteria that has remarkable medicinal properties.

Tests revealed that the strain was able to stop the growth of MRSA and three other superbugs that can spread in hospitals.

The journal *Frontiers in Microbiology* has published a study paper on the findings.

"This new strain of bacteria," says co-author Paul Dyson, who is a professor of medicine at the university, "is effective against four of the top six pathogens that are resistant to antibiotics, including MRSA."

He and his colleagues named the new species *Streptomyces sp. myrophorea*.

### Old healing wisdom and antibiotic resistance

The soil samples in the study came from alkaline grassland in the Boho Highlands of Fermanagh, Northern Ireland.

There is evidence that Neolithic people lived in the area some 4,000 years ago, and that the site was also home to Druids about 1,500 years ago.

"Ancient healers" used soil from the site to treat ailments ranging from a toothache to throat infections.

"They would take a small sample of soil and wrap it in cotton cloth. The healer would then place it "next to the infection or underneath the users' pillow for 9 days," the authors write.

To view the full article, [click here](#).

This quarter, we're excited to introduce Dr. Michel Daccache, Oral Surgeon at MJD LLC and Nevada OMS. Dr. Daccache, originally from Lebanon, moved to Las Vegas with his family in 1989 and has been practicing dentistry since 2010. We always like finding out more about our dentists, so we grabbed a few minutes of Dr. Daccache's time, so he could spill a little bit about himself.



### NDB: Where did you attend Dental School?

**MD** : I graduated at the top of my class from the University of Michigan Dental School, where I received the Oral and Maxillofacial Dental Student Award. I continued my Oral and Maxillofacial training at the University of Pittsburgh Medical Center and was trained under world renowned faculty.

### NDB: What inspired you to become a dentist?

**MD** : I wanted to be an Oral Surgeon, because it would allow me to care for patients on a level that exceeds the patient's expectations. Patients that comes into my office are often fearful of the dentist, and it is my lifelong quest to serve and alleviate suffering in a gentle and caring way.

### NDB: What do you think you might be doing if you weren't a dentist?

**MD** : Growing up locally, I worked at the Rio in the food and hospitality industry. If I wasn't a surgeon, I would be a bartender, as I enjoy the company of people ranging from locals to tourists.

### NDB: What do you like to do in your spare time?

**MD** : In addition to being an Oral Surgeon, I'm also an Associate Professor at the UNLV School of Dental Medicine. I enjoy spending time with my wife and three kids, and like to golf, play basketball, and watch sports activities with friends and family.



If you know of a dentist that might like to be featured in one of our upcoming newsletters, please let us know. Email Crystal Robbins at [crobbs@nevadadentalbenefits.com](mailto:crobbs@nevadadentalbenefits.com)





## ORAL-B GLIDE FLOSS WAS LINKED TO PFAS CHEMICALS IN A NEW, SMALL STUDY, BUT HERE'S WHAT EXPERTS WANT YOU TO KNOW

Brandi Neal | Bustle

It's no secret that humans are exposed to toxic chemicals in the environment on the regular, and a new study has identified another potential, and surprising, chemical-exposure culprit. USA TODAY reported that Oral-B Glide Floss has been linked to exposure to toxic PFAS chemicals. According to a press release about the small study, published in the Journal of Exposure Science & Environmental Epidemiology, PFAS are identified as water-and grease-proof substances that have reportedly been linked with numerous health problems.

"This is the first study to show that using dental floss containing PFAS is associated with a higher body burden of these toxic chemicals," lead author Katie Boronow, a staff scientist at Silent Spring, which led the study in collaboration with the Public Health Institute in Berkeley, Calif., said in the press release. "The good news is, based on our findings, consumers can choose flosses that don't contain PFAS."

The study measured blood samples from 178 women to identify PFAS levels in their bodies and found that those who reported using Oral-B Glide dental floss had higher levels of a type of PFAS called PFHxS (perfluorohexanesulfonic acid) than those who didn't. Overall, 18 dental flosses were tested and several tested positive for fluorine, a marker of PFAS, the press release reported.

Velvet Gogol Bennett, a spokesperson for Procter & Gamble, tells Bustle that Oral-B Glide is safe. "We have confirmed none of the substances in the report are used in our dental floss. The safety of the people who use our products is our top priority. Our dental floss undergoes thorough safety testing, and we stand behind the safety of all our products."

Not sure what to believe? It's important to know that PFAS chemicals are present in a wide range of products you use every day, including fast-food packaging, non-stick pans, waterproof clothing, and stain-resistant carpet. In addition, the fluorine found in the dental floss is simply an indicator that PFAS may be present and not a confirmation.

The Environmental Protection Agency explained on its website that fluorine is present in both perfluorinated chemicals, which are dangerous, and perfluorocarbon chemicals, which are not. What's more, the factors that could have exposed the women in the study to PFAS were self-reported, which means there is no way to know for sure how the PFAS entered their systems.

If you're at all nervous about these chemicals, opt for non-teflon floss or tape, Dr. Ira Handschuh, a general and cosmetic dentist in private practice at The Dental Design Center in White Plains, N.Y., tells Bustle. "All patients need to be their own best health advocates," Dr. Handschuh says. "If there is some chemical in a product that you know might be potentially harmful, it is best to avoid that products use. However, today with all the testing and protective agencies, we like to think most products are tested and deemed safe prior to hitting the shelves."

If you opt for a type of dental floss with polytetrafluoroethylene (PTFE), which Oral-B said on its website is often favored because it slides easily in between teeth, this floss is made from the same material as non-stick cookware known as Teflon. However, the American Cancer Society noted on its website that there is no definitive answer as to whether or not PTFE is dangerous.

In terms of maintaining your oral health, Dr. Handschuh says not flossing is not an option. "Flossing is critical to prevent bacteria levels from elevating to harmful levels in your mouth," he explains. "A harmful level can lead to periodontal disease, which can lead to infection and tooth loss, as well as the formation of cavities between the teeth."

If putting anything in your body you can't pronounce makes you nervous, and you're having a hard time understanding the aforementioned chemicals and what they do, it's OK. Simply opt for an all-natural dental floss and call it a day. #The More You Know.

To view the original article, [click here](#).

### Bucky's Bites

## ORGANIZE IT!

Whether in the spirit of the New Year when new organization trends tend to occur or just to give you a head start on Spring cleaning, Bucky is here to help recommend a few tips to help you tidy up in up 2019.

#### Garage

Use a spice rack to store spare nuts and bolts to save time and a headache. Use the same type of rack to organize office accessories.

#### Closet

Help your boots keep their shape by cutting a pool noodle and placing it inside. You can also use a plastic bottle.

#### Cabinet

Prevent messy tangles by organizing your chargers and other chords with toilet paper or paper towel rolls.

#### Miscellaneous

Use plastic bread tags to label cords on your power strip.

To read 100 hacks for organizing every room in your home, [click here](#).





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