

 Nevada Dental Benefits, Ltd.®

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Aspect

A QUARTERLY NEWS BULLETIN

Great Health Starts Here®

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ISSUE 2

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.

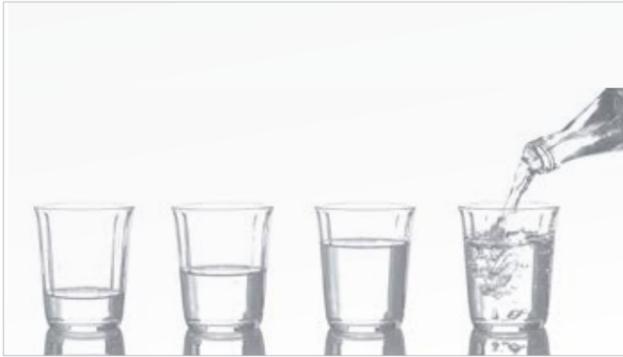
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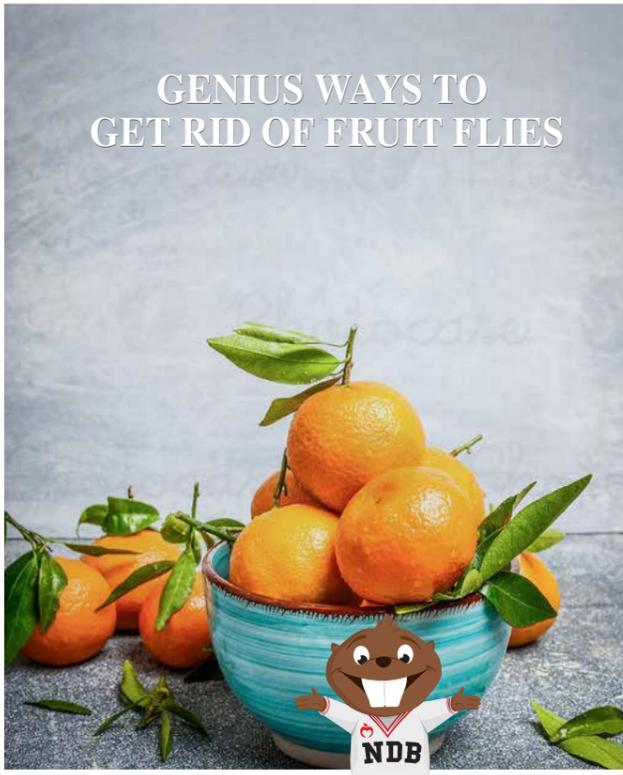
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PERIODONTAL DISEASE MAY INCREASE RISK FOR DEMENTIA

Robert Glatter, MD | Forbes

When we start visiting the dentist as children, the importance of brushing and flossing our teeth is something that is stressed from the outset. While many people dread flossing and do not devote ample time to it, flossing is a critical aspect of oral hygiene since it helps to remove food particles that lead to inflammation in the gums, a condition commonly known as gingivitis.

Gum disease or gingivitis which goes untreated may progress to a condition called periodontitis, in which inflammation and resulting infection in your gums spreads to the bone that supports your teeth.

Periodontitis is the most important cause of tooth loss in adults. It has also been linked to elevated risk for developing diabetes, osteoporosis, coronary artery disease, pneumonia and cancer. At the same time, periodontitis may also represent a risk factor for developing dementia, one of the leading causes for disability in older adults.

In fact, based on population and research data, the United Nations (UN) estimates that 1 in 85 people will be diagnosed with Alzheimer's dementia by 2050. At the same time, mitigating potential risk factors that lead to dementia and Alzheimer's disease (coronary artery disease, stroke, diabetes, high blood pressure and elevated cholesterol) could also lower older adults' chances of developing those conditions.

To accomplish this, researchers in South Korea studied the relationship between chronic periodontitis and dementia over a 10 year period.

Their findings were recently published in the Journal of the American Geriatrics Society.

The research team reviewed data from the National Health Insurance Service-Health Screening Cohort (NHIS-HEALS), which represents comprehensive health care coverage for all Korean citizens.

The investigators evaluated the health records of 262,349 people aged 50 or older. All of the participants were categorized as healthy (no chronic periodontitis) or as having been diagnosed with chronic periodontitis. The researchers followed the participants from 2005-2015 until they were diagnosed with dementia or died.

The researchers found that persons with chronic periodontitis had a 6% higher risk for dementia compared to those without periodontitis. This connection held true even after controlling for behaviors such as smoking, consuming alcohol, and degree of physical exercise.

While the mechanism underlying this finding is unclear, it may be that chronic bony inflammation may lead to systemic inflammation in blood vessels in the brain, or result in oxidative stress that produces toxic byproducts known as free radicals.

But it also may be a case of "chicken vs egg": Does periodontitis lead to dementia or does dementia predispose to a higher risk of developing periodontitis? The answer may be that it goes both ways.

This research is important because it represents the first study to demonstrate that chronic periodontitis could be linked to a higher risk for dementia, even after taking lifestyle behaviors into account.

Previous case-control and retrospective studies have been limited by small numbers and sample sizes, making it difficult to demonstrate a linkage or association. A 2017 retrospective study from Chung Shan Medical University noted that persons over the age of 70 who had periodontitis for greater than 10 years were more likely than people without periodontitis to develop Alzheimer's disease.

Future studies should focus on whether preventing and treating chronic periodontitis could lead to a reduced risk of dementia. In the meantime, as a general preventive measure, it's vital to stress the importance of flossing and practicing good oral hygiene to reduce the progression of gingivitis to periodontitis. Healthy behaviors begun in childhood can have far reaching consequences.

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



FLU SEASON ISN'T OVER YET — AND MORE SERIOUS STRAINS ARE ON THE RISE, CDC SAYS

Jamie Ducharme | TIME

Flu season has been relatively mild in the U.S. this year. But even though it's late in the season — flu activity tends to wrap up by May — influenza viruses are still circulating, according to a recent health alert from the Centers for Disease Control and Prevention (CDC).

H3N2, an influenza strain known to cause more severe illnesses, is now making up a greater proportion of cases than it did early in the season, while lower-severity H1N1 and influenza B viruses are dropping off, the CDC says. Flu shots tend to protect against H1N1 and influenza B better than they do against H3N2.

Given those trends, flu season is likely to continue for several more weeks, the alert says. As of the week ending March 23, 20 U.S. states were still experiencing high influenza-like illness activity, according to CDC data.

Flu activity has been above baseline for 18 weeks, making this season a bit longer than some in recent years; the average over the last five seasons has been 16 weeks, the CDC says. Nonetheless, this season has been much milder than last year's flu season, which killed about 80,000 people. The CDC estimates that influenza has caused up to 35.9 million illnesses, 508,000 hospitalizations and 46,800 deaths since the 2018-2019 flu season began in October.

Until flu season officially ends, Americans should continue to take precautions to limit its transmission, including washing hands regularly, staying home when sick and seeing a doctor for antiviral drugs if flu symptoms surface. It's also not too late to get a flu shot if you haven't already.

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

FDA PROPOSES LOWERING STANDARD LEVEL OF FLUORIDE ALLOWED IN BOTTLED WATER

Ben Tobin | USA Today

The Food and Drug Administration is proposing to lower the standard concentration level for fluoride in bottled water.

The proposed rule would set the allowable amount of fluoride in bottled water to be 0.7 milligrams per liter. This is a slight reduction from the FDA's current standard of 0.8 milligrams per liter.

If adopted, the proposal would align with the 2015 recommendation by the U.S. Public Health Service for community water systems that add fluoride for the prevention of tooth decay.

"Fluoride provides an important public health benefit by helping to reduce cavities and tooth decay," said Susan Mayne, director of FDA's Center for Food Safety and Applied Nutrition. "But too much fluoride over a long time when teeth are forming under the gums can cause changes in the appearance of tooth enamel, called dental fluorosis. Striking the right balance is especially important for children under the age of 8 as their permanent teeth are still forming."

How large is the average federal tax refund in each state? Check this list.

Weekly mortgage refinances spike 39% after huge interest rate drop.

The proposal only impacts bottled water with fluoride added by the manufacturer – it would not impact the level of allowable fluoride in bottles that contain fluoride from source water.

Some scientists are concerned that the standard for allowable fluoride in bottled water is still too high with this new proposed change, as excess fluoride's consequences can extend beyond dental issues.

"Given that fluoride can damage brain development, I would recommend that the maximum fluoride concentration in bottled water be kept at a lower level than 0.7 mg/L," Dr. Philippe Grandjean, an adjunct professor of environmental health at the Harvard TH Chan School of Public Health, wrote in an email to CNN.

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





IF YOU HAVE THESE MARKS ON YOUR TEETH, YOU COULD HAVE THIS AUTOIMMUNE DISORDER

Jessica Migala | Reader's Digest

Those spots may seem insignificant, but health experts say they could be a sign of a severe digestive disorder.

Your mouth is a window into your health, according to the American Dental Association. Two examples are links between gum disease and heart troubles, and poor oral health as a potential early indicator of Alzheimer's. Now, experts say that off-colored spots on your teeth may actually be a sign of celiac disease.

Celiac, an autoimmune disorder, affects 1 percent of people worldwide, and 2.5 million Americans are undiagnosed, according to the Celiac Disease Foundation. Celiac sufferers suffer an immune reaction to gluten, a protein found in wheat, rye, and barley. Over time, that immune response can damage digestive structures in the small intestine, and this interferes with your body's ability to absorb vital nutrients—such as calcium.

And missing out on calcium can cause dental enamel hypoplasia—the medical term for white, yellow, or brown spots on your teeth. "It can be seen in as many as 40 to 50 percent of new pediatric celiac patients, compared to six percent of the healthy population," says Hilary Jericho, MD, a specialist in pediatric gastroenterology at the University of Chicago. Experts don't agree on the exact reason why, but the spots may occur when the body fails to absorb the calcium needed for strong teeth, she explains.

"For some people with celiac disease, a dental visit, rather than a trip to the gastroenterologist, was the first step toward discovering their condition," says the National Institute of Diabetes and Digestive and Kidney Disease (NIDDK). When it comes to white spots, they're most often seen in kids since these nutrient deficiencies affect the way tooth enamel forms, but it may also affect adults who are undiagnosed, adds Dr. Jericho.

Of course, the spot may not be a sign of celiac at all; however, your doctor should be concerned if those spots are symmetrical and scattered across most of your teeth, says Dr. Jericho. Recurrent canker sores, a red, smooth, shiny tongue, or dry mouth can also point to celiac, according to the NIDDK.

In addition to dental woes, patients will likely experience other body-wide symptoms, such as diarrhea or bloating, heartburn, fatigue, and joint pain. If your child has the spots and is falling behind on growth charts, appears pale, or is suffering from GI symptoms, says Dr. Jericho, talk to your doctor about celiac.

Just remember that unless you've been diagnosed with celiac, you shouldn't go gluten-free—there are real health risks. From wheat allergy to Crohn's, these are the conditions that are easily mistaken for celiac disease.

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



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Please meet Dr. David Ting, owner of Boston Dental Group. Originally from Taiwan, Dr. Ting spent his childhood in Los Angeles and graduated from Dental School at Tufts University, in Massachusetts. He moved to Las Vegas in 2000 for better opportunities for young hardworking dentists, and now has 18 offices in the Valley. Let's find out a little more about Dr. Ting:

What are you happiest doing when you're not working?

I like to snowboard and attend continued education (CE) courses. I had over 350 CE hours just last year. This year, I started to travel internationally, to learn from dentists around the world. There is a group of us who travel. We call ourselves the "CE Junkies." This year, I've been to Spain, England, Italy and Brazil. Also, at the end of the year I'll visit Hungary and Italy again, all for CE courses. When you're learning new stuff, the field stays interesting. The key to happiness, is to explore.



Meditation Retreat (Guangzhou, China)

Do you have a personal or professional motto?

"We are in the business of growing and helping people. It just happened that we are in the dental business."

Is there anything else you'd like to share with us?

I'm constantly thinking about work. I recently created a product or theory, called the Golden Triangle for dentists. It's a measurement assessment tool for the dentist to become happy with their career and personal life. One angle is clinical skills, the second angle is leadership skills, and the third angle is mental and physical well-being. The Golden Triangle is an assessment tool to find out what they are lacking. For example, if you haven't done anything new, you'd want to offset it by learning new things. If you're a good leader and your clinical skills are good, then maybe your mental or physical well-being needs help. When the triangle is completed, everything goes well. Stay tuned for a book coming out in the near future.



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 crobbins@nevadadentalbenefits.com



Tough Mudder with Team BDG (Las Vegas, NV)

Is it true you've made an office music video?

Yes. Part of the segment I rapped and my daughter told me I have no talent.

How did that come about?

We just wanted a fun music video to resemble who we are, to tell people about us.

Would you like to share what other fun things your office has done together?

We do a lot of team building exercises. I believe the best business design, is to cross train as if anyone could take over. Rather than maintain, exceed expectations. The process of doing that is a fun thing.

GENIUS WAYS TO GET RID OF FRUIT FLIES

Don't let fruit flies get you down. Bucky is here with a few clever ideas to get rid of those gnats for good.

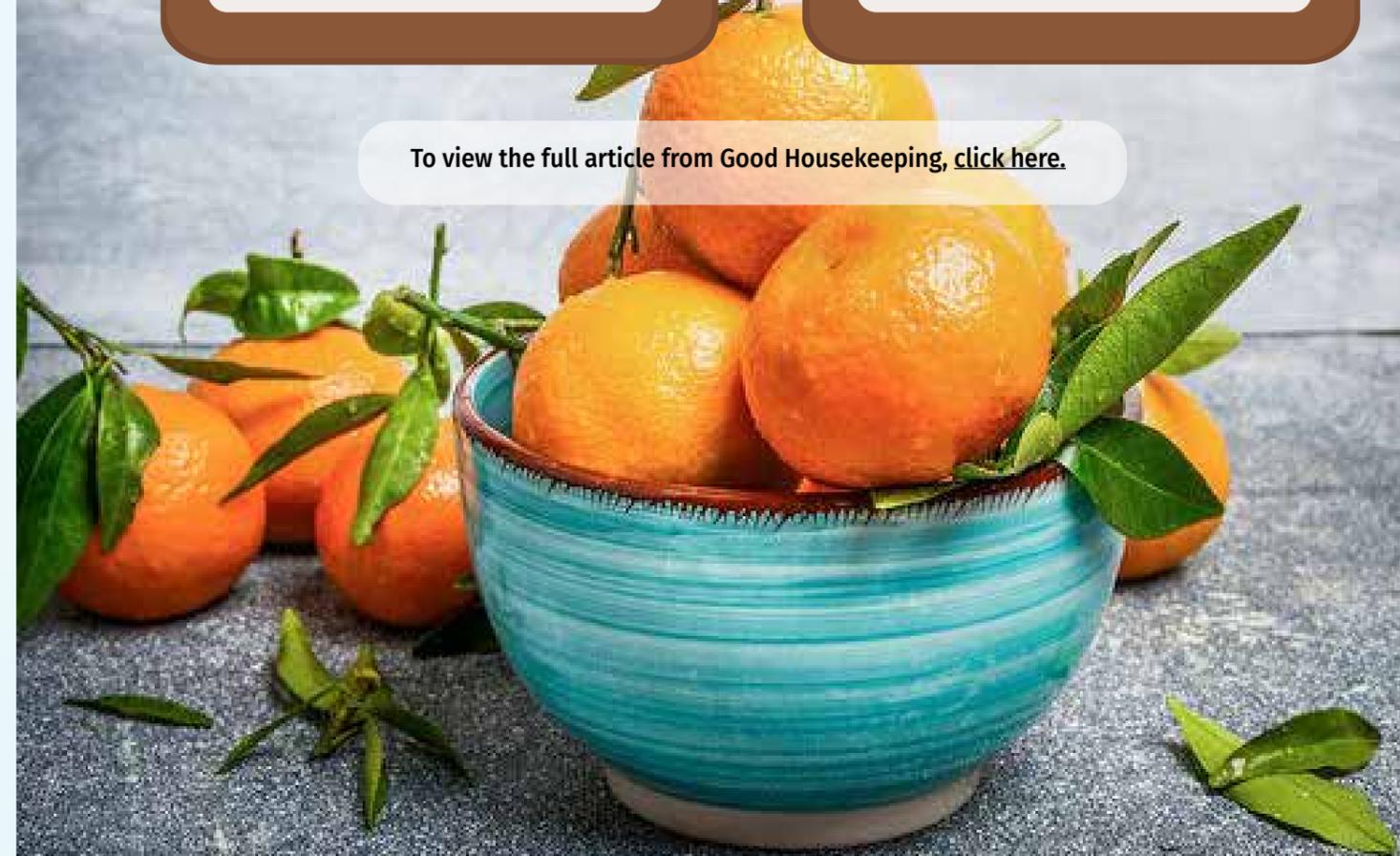
- Make a DIY trap with apple cider vinegar and plastic wrap.
- Use a paper cone, vinegar, and old fruit.
- Combine a little vinegar and dish soap in a bowl.
- Put out an almost-empty bottle of old wine or beer.



These preventive measures will help a lot:

- Throw out overripe produces.
- Store fruits and veggies in the fridge.
- Wash produce as soon as you get home to remove any potential eggs or larvae.
- Take out the garbage regularly.
- Clean up spills ASAP, especially fruit juice or alcohol.

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





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