

# Article 2029 – The Cavity Fighter – Say Cheese!

## Article 2029 – The Cavity Fighter – Say Cheese!

Here's one food that's good for your teeth. It's cheese. If you have a nibble on a nice aged cheddar or Monterey Jack within the first few minutes of a sugary snack, it can actually protect your teeth from cavities. After you eat sweets, the acidity in your mouth begins to rise, making your tooth enamel dissolve faster than your body can replenish it. Eventually you would end up with a hole in your tooth.

When you eat cheese, you can slow this cavity-making process. The cheese causes your mouth to water. Your saliva contains special buffers that neutralize acids to protect your teeth from attack. The calcium in a cheesy snack may also help keep tooth enamel strong. So next time you snack...say "cheese!"

@ 2007 Patient News Publishing  
www.patientnews.com

### Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know  
they have gum disease.

**Could you be one of them?** Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

## De-Escalate!

### Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

**Yoga** is popular, very doable, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

