

Put Out That Cigarette



Recent studies have shown that tobacco use may be one of the most significant risk factors in the development and progression of periodontal disease. In addition, following periodontal treatment or any type of oral surgery, the chemicals in tobacco can slow down the healing process and make the treatment results less predictable.

How does smoking increase your risk for periodontal disease? As a smoker, you are more likely than nonsmokers to have the following problems:

- Calculus, plaque that hardens on your teeth and can only be removed during a professional cleaning
- Deep pockets between your teeth and gums
- Loss of the bone and tissue that support your teeth

If the calculus is not removed during a professional cleaning, and it remains below your gum line, the bacteria in the calculus can destroy your gum tissue and cause your gums to pull away from your teeth. When this happens, periodontal pockets form and fill with disease-causing bacteria.

If left untreated, periodontal disease will progress. The pockets between your teeth and gums can grow deeper, allowing in more bacteria that destroy tissue and supporting bone. As a result, the gums may shrink away from the teeth making them look longer. Without treatment, your teeth may become loose, painful and even fall out.

Save Your Smile

Research shows that smokers lose more teeth than nonsmokers do. In fact, according to data from the Centers for Disease Control and Prevention, only about 20 percent of people over age 65 who have never smoked are toothless, while a whopping 41.3 percent of daily smokers over age 65 are toothless.

In addition, research shows that current smokers don't heal as well after periodontal treatment as former smokers or nonsmokers. But these effects are reversible if the smokers kick the habit before beginning treatment.

Not Just Cigarettes

Other tobacco products are also harmful to your periodontal health. Smokeless tobacco also can cause gums to recede and increase the chance of losing the bone and fibers that hold your teeth in place.

And, a study of cigar and pipe smokers published in the January, 1999 issue of the *Journal of the American Dental Association* revealed that cigar smokers experience tooth loss and alveolar bone loss at rates equivalent to those of cigarette smokers. Pipe smokers experience tooth loss at a rate similar to cigarette smokers.

Other Oral Problems

Researches also have found that the following problems occur more often in people who use tobacco products:

- Oral cancer
- Bad breath
- Stained teeth
- Tooth loss
- Bone loss
- Loss of taste
- Less success with periodontal treatment
- Less success with dental implants
- Gum recession
- Mouth sores
- Facial wrinkling

Source: AAP,JADA

Fruit Juice for Aging Skin:

Ever since Alpha Hydroxy Acids (AHA) have been found to reduce tiny facial lines and fade age spots on the skin, beauty products worldwide are including them in skin creams in the highest concentration the FDA will allow. AHA is made from the juices of citric acid fruits. Higher and more effective dosages are used by Dermatologists and other medical professionals for out-patient skin treatments. AHA reverses sun damage and imparts a more youthful glow to the skin but it cannot get rid of deep lines or sags.