

Be a Floss Boss

by Dr. Chris Edwards.

Overall, your diet is the most significant determinant of your oral and dental health, but how you clean your teeth can also make a big difference. Flossing, for example, is an important strategy, yet one-third of American adults never floss. If you are one of them, I'd encourage you to reconsider.

Flossing is perhaps even more important than brushing because it removes bacteria that are the precursors of plaque, which if left to fester will turn into tartar that cannot be removed by regular brushing or flossing. Tartar is what eventually causes the damage that leads to periodontal disease, decay and tooth loss.

Remarkably, 1 in 5 Americans do not brush their teeth twice a day. According to a recent investigation:

- 32.4 percent of U.S. adults over the age of 30 never floss
- 37.3 percent floss, but not daily
- 30.3 percent floss on a daily basis
- More women than men never floss
- Low-income participants are less likely to floss than those in higher income brackets

People who fail to perform good oral hygiene and avoid going to the dentist may be putting themselves at risk of heart disease. Advanced gum disease can raise your risk of a fatal heart attack up to 10 times.

Among those with gum disease there is a 700% higher incidence of type 2 diabetes. This is courtesy of the inflammatory effects of unbalanced microflora in your mouth. Other health effects associated with poor oral health include an increased risk of:

- Bad breath (halitosis)
- Dementia: failing to brush twice a day increases your risk of dementia by as much as 65 percent, compared to brushing three times a day
- Pneumonia: good oral hygiene has been shown to lower your risk of pneumonia by about 40 percent. Other research has shown that people with periodontitis have a 300 percent greater chance of contracting pneumonia
- Erectile dysfunction (ED): ED is more than twice as common among those with periodontitis than those without ED
- Kidney disease and more

Directions: Wash your hands. Use a piece of floss that is about 15 to 18 inches long, wrapping each end around your index fingers. Control a two inch section of the floss with the tips of the adjacent fingers and thumbs. "Saw" the floss to get below the contact of the two teeth you are going to floss. Once the floss is below the contact wrap it around the side of the tooth in the shape of a "C." Now slide the floss up and down the side of the tooth all the way under the gum until you meet resistance. Do this a few times and then change the direction of the floss to do the adjacent tooth. Pop the floss up through the contact. Unwrap one finger and wrap the finger on the other hand to expose fresh floss and move to the next tooth.

Flossing is a skill that takes patience and practice to

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Upcoming Events

CAPONES DINNER

SEPTEMBER 15 - \$75.00/ Per person.

LION COUNTRY SAFARI

OCTOBER 12 - \$57.00/Per person.

MT DORA CRAFT SHOW

OCTOBER 22 - \$35.00/Per person.

TARPON SPRINGS

NOVEMBER 9 - \$84.99/Per person

10TH ANNUAL KEY WEST TRIP

DECEMBER 4-7 - \$495pp (based on double).

NIGHT OF LIGHTS ST AUGUSTINE

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Waterscapes Gallery Seeking Artists



Waterscapes Gallery, a new water inspired contemporary art gallery, located at 720 E New Haven Avenue in the heart of Historic Downtown Melbourne is seeking artists to fill its trendy new space. If you have been looking for a place that will represent your art works to patrons, corporate, private and commercial settings, send in your submissions.

The new modern gallery is looking for a variety of works, including but not limited to abstract, contemporary realism, sculpture and more inspired by all things in and around water. We welcome local and

non local artists to submit their works immediately to be considered. Take advantage of the opening celebrations and marketing and get your pieces in a newly remodeled well lit gallery in the heart of the up and coming Downtown Melbourne.

You may submit your works for general submission or to a specific exhibition that we have on our exhibition calendar. For more information on exactly how to submit your piece, please go to www.waterscapes.gallery and click on the artist link or you may call Jessica or Bradley at (321) 917-5350.

Waterscapes Gallery will also offer artists the opportunity to participate in window demos during business hours and special events. Class and meeting space will also be available.

A portion of all art sale proceeds will go to an Indian River revitalization non profit. **SS**

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entered his henhouse was one of mayhem and murder. Blood, feathers and several of his prize chickens, half eaten, littered the floor. A huge male coon was staring down from the rafters complete with a bloody snout and paws.

So, as Bert relayed it, he wasn't thinking about the effect of the pressure wave created by the discharge of a twelve gauge shotgun in a confined space, when he cut loose on that coon. He was thinking about his birds. But, it only took a moment to realize that things had changed.

In that instant, Bert lost a big chunk of hearing in his remaining ear, and along with that came the realization of just how important his hearing was, which led him to our door, where he's become both a friend, and one of the best customers/patients in the known universe ever since.

Bert has two recommendations for you; first when confronting an intruder in a closed space, don't forget your ear protection. But, if you do, or have any hearing loss at all, come see us at Mission Hearing for the best service, and care in the known universe.

We specialize in providing personalized hearing care for every lifestyle and budget. From quality used gear, to the latest our industry has to offer, like the cool Widex gear Bert is wearing.

Always Customer Centered and results oriented, you can reach us at: 321-722-2894, or just drop in any weekday morning from 9:30 till noon when we greet old friends and new, without an appointment at our store in the heart of old downtown Melbourne, at: 720 East New Haven Avenue, Suite #12. Look for the four foot neon ear hanging on our lab wall, midway between the Post office and Meg O'Malley's, we're Mission Hearing. (Formerly A Advanced Hearing Care) Or, you can visit our websites at: www.missionhearing.com, or www.aadvancedhearingcare.com. **SS**

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learn. It is best to use good lighting and do it in front of a mirror. Go to YouTube and watch some videos. Flossing should not cause pain, with inflamed gums there may be some bleeding which indicates inflammation and periodontal disease. This will usually decrease each day and is often an indication that there is hardened tartar on the side of the tooth. This means that a good examination and professional cleaning with a dental hygienist is in order. Flossing is always best on a freshly cleaned tooth. After flossing, brush your teeth.

For patients with dexterity problems there are a variety of flossing devices and aids available. The type of floss is not that critical, for tight teeth or teeth that catch the floss, a dental ribbon floss called dentotape is effective and it is lightly waxed. There is even a dental floss laced with xylitol and the minerals of tooth that can help prevent cavities between the teeth.

Research suggests the ideal brushing time is two minutes. Brushing your teeth too hard and longer than necessary can cause more harm than good. What is important is to brush every surface of every tooth, including the portion of tooth that is under the gum. Using a soft brush and angling the brush toward the gumline and then using short strokes to work the bristles under the gum, is best. Most patients struggle to get the plaque off the areas closest to the gum on the tongue side of the tooth and around the backs of the back teeth. Automatic toothbrushes like the Sonicare are proven to do a better job removing the plaque off the teeth. When it comes to toothpaste, we recommend using non-fluoridated versions. There are a growing number of such toothpastes on the market these days, as more people are becoming aware of fluoride's downsides and dangers. We like toothpastes containing Xylitol, which is helpful in raising the pH of the mouth and encouraging remineralization. For more information: visit www.smiledesigncenter.us **SS**