



## *Attention Worthy Articles About Your Health*

**June 25, 2014**

### **Welcome!**

#### **In this issue:**

iPhone EKGs?

Going Green?

Children with Breathing Problems and much more

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### **Going Green**

Checking out at the store, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this 'green thing' back in my earlier days." The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations." She was right -- our generation didn't have the 'green thing' in our day.

Let me know if you find the rest of this information interesting. I would wager that the interest level will be directly proportional to your age

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The article continues:

Back then, we returned milk bottles, soda bottles, and beer bottles to the store. The store sent them back to the plant to be washed, sterilized, and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the "green thing" back in our day. [Click Here to read the rest.](#)



## **Revolutions in Health Care –**

The *i-Doctor* – interfaces medical diagnosis and the iPhone – Sent in by Joe Capik, a frequent contributor to our newsletter.

You may have heard of the iDoctor, regardless, you MUST watch this video to the end! It's a real eye-popper! Of all of the important emails we send to one another, this might be the ultimate. It's revolutionary! On its face, it seems to be a major leap in diagnostic medicine. The benefits could be huge ... and potentially a true life saver!

Please take a minute or two to [watch this](#). A revolution in medicine is on the horizon.

## **Diagnosing Pancreatic Cancer by Analyzing Your**

# Saliva

Patients with pancreatic cancer have a different and distinct profile of specific bacteria in their saliva compared to healthy controls, and even patients with other cancers or pancreatic diseases, according to research presented at ASM, held in May in Boston. "Our studies suggest that ratios of particular types of bacteria found in saliva may be indicative of pancreatic cancer," says Pedro Torres, MD of San Diego State University, who presented the research. "Unfortunately, symptoms of PC do not appear until after the cancer has become untreatable in the vast majority of cases." [Learn More](#)

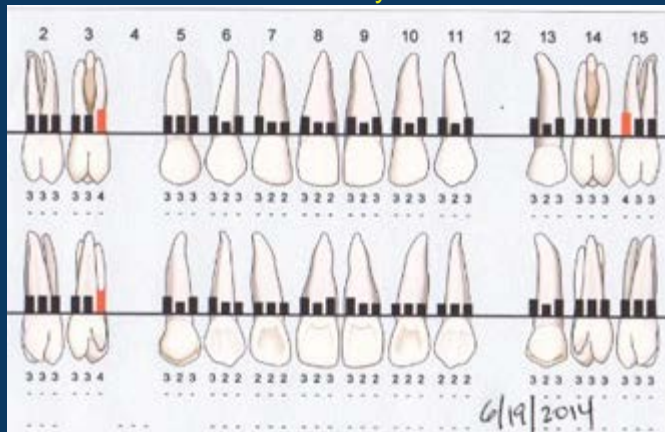
## Changes in the Treatment of Gum Disease –

Periodontal disease effects about 80% of the adult population of the United States. Often, like



pancreatic cancer, it goes undiagnosed until its final stages. Having been educated at the U of Penn Dental School, the emphasis was always on prevention of tooth loss, and gum disease is a major cause. Back in the day, the only option was surgical intervention. Of course science has come a long way. About 5 years ago, I developed my own regimen for a non-surgical approach to the elimination of periodontal disease.

Determination of the efficacy of treatment is based on



1. No bleeding gums
2. Healthy tight pink stippled gum tissue
3. No mobility to the teeth
4. No mouth odor
5. Probing depths of less than 3mm.

It involves the use of ozonated water instead of distilled water in our ultrasonic scaler, something few dentists are as yet aware. I follow up with the use of a diode laser. Our hygienists have to remove every last shard of tarter. They have to motivate the patient to floss and brush on a prescribed regimen. Finally, where we used to use DNA testing to determine the appropriate antibiotic to use, about two years ago, I changed the protocol from medication to probiotics, and

it's made an amazing difference.

The charts on the right show the condition of one of our patients prior to treatment (deep probing depths, red lines indicate bleeding as well). If you, or someone you know has been putting off gum surgery, we may have found a way around it for you. Call the office for a consultation.

## Speaking of how things have changed since "The Good Old Days"

One of the guys I play golf with is responsible for this unbelievable robotics system: Click here to be amazed by the way orders are fulfilled at one plant, using robots. My grandkids were fascinated by this one! [Click here.](#)

## Sleep Apnea – And Breathing Problems in Children



You are probably wondering what the photo of crowded teeth has to do with sleep apnea. There are a lot of health issues that begin with proper airway. If a child cannot breathe properly, the jaws don't develop to their full genetic potential. When that happens, the tongue is crowded. When the muscles slacken in sleep, the tongue collapses back, and blocks the airway. Read on....

In recent weeks I have learned of the deaths of two men, in their sleep, from sleep apnea. I was sad to learn, just this week, that the entire Sleep Disorders Department at Jefferson (where I have been affiliated for 15 years) was disbanded. Insurance companies have been implicated to me as the reason for this.

Airway disturbances in children are something we have addressed on an individual basis with patients and their families, but I don't believe I've ever included an article about the importance of clear breathing for children. Back in the day (there's that term again) nobody ever knew (or at least educated us) about the interrelationship between crowded teeth in youngsters, and a clear airway. I include for you, several links if you are interested in learning more, or if you know of a youngster who snores, or can't breathe through their nose.

[American Academy of Physiological, Medicine and Dentistry](#) (Click on Child Growth and Development)

Dr. Park explains the difference between sleep apnea and hypopnea [click here](#)

Other articles by Dr. Park [click here](#)

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## Tony Gwinn Dies of Oral Cancer

You may not be aware of it all the time, but one of the first things we do at your dental check ups is a head and neck examination for oral cancer. The best survival rates come from early detection. Late diagnoses can be disfiguring, and also effect your speech (tongue involvement). For years I was involved in examining major and minor league players at spring training, and teaching about the harms of spit tobacco. [Get the full story here.](#)

## Some Final Great Low and High-Tech Tips to Share with Friends

Don't Throw Out that AA Battery Until You've Seen This: Somebody try this and tell me if this is too good to be true! [How to Test without a Tester!](#)

For more advanced tech shortcuts, including how to bypass anyone's greeting message to save time leaving a VM, and more [Click Here](#)

# Have a safe and healthy Fourth of July!

## *The Centre for Dentistry*

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