

## OUR WEBSITE IS YOUR HEALTH RESOURCE - [www.shdc.com.au](http://www.shdc.com.au)



We believe our website provides our patients with up-to-date information about the latest developments in our surgery services as well as a wealth of downloads and links to health related issues

- **Good Health and Holistic Dentistry – an outline of several models for understanding and achieving good health and how holistic dentistry helps you achieve it**
- **CEREC** – strong, long-lasting ceramic restorations preserving natural tooth structure often completed in a single appointment
- **Healozone & Diagnodent** – detecting decay using laser technology (Diagnodent) and using a revolutionary treatment of ozone to preserve natural tooth structure (Healozone) to kill the bacteria that causes decay
- **ZOOM tooth whitening** – either 1 hour in-office or home bleaching system for a fresh, clean, healthy smile
- **Smile makeovers** using porcelain veneers can totally transform your smile
- **Dental-Cam** – takes the mystery out of what is going on in your mouth with Dental-Cam recording for us, and outlining to you, the areas of concern
- **Digital X-rays and panoramic jaw scans** – reducing X-ray exposure by 90% – great diagnostic tools
- The role of oral infections are now recognised to be linked to general health in ways that are not immediately obvious.
- **Care in the removal of mercury amalgam fillings** – the use of rubber dam minimises your exposure when an old amalgam filling is removed
- **Treating tension headaches, neckaches and migraines** – with non-drug approach eliminating headaches in 90% of cases
- **Downloads** of many dental and health-related articles
- **Links** to key health sites
  - **How mercury amalgam fillings can effect your health**
  - **Headaches**
  - **Sleep apnoea and snoring**
  - **NICO lesions**
  - **Neural Therapy**
  - **Weston Price Foundation – excellent nutritional advice**



## GOOD HEALTH AND HOLISTIC DENTISTRY

### WHAT IS HOLISTIC DENTISTRY?

Holistic Dentistry relates your oral health to your general health.

In our practice we use three models of health to help our patients understand good health and how holistic dentistry can help them achieve it

- NEAT Model
- Stress Model
- Health Model

The body is connected. No parts work in isolation from the other. All the specialisation in modern medicine often means we lose sight of this. The mouth has a very rich nerve and blood supply, and harbours a lot of bacteria and is the entry point for all food and water. So it is important that your mouth is healthy.

Our aim as health practitioners is “good health”. Just because you are not sick doesn’t mean you’re as healthy as you could be. Rather than waiting for a disease to appear we have proposed three models for good health.

As holistic dentists we consider many factors that may affect your health, these include:

- **Oral Infections**, in the teeth, gums and jawbone contribute to a wide range of health problems. Oral infections influence other parts of the body by various mechanisms
- **Filling materials** – we have not used mercury amalgam fillings since 1987 and take great care removing mercury fillings.
- **Clenching or grinding** your teeth affects both jaw and neck muscles, which can contribute to tension headaches and neckaches and migraines
- **Oral Cancer** screening, one of the most common and virulent cancers in Australia. One of the real dangers of this cancer is that in its early stages, it can go unnoticed.
- **Nutrition** which specifically can make your saliva more acidic predisposing you to tooth decay, oral infections and loss of bone support for the teeth
- **Snoring/Sleep apnoea**, – your jaw drops back at night blocking the airway. Snoring is a widespread problem effecting the sleeping pattern of snorers and their partners. Holistic Dentistry has a significant role to play in eliminating this problem. People with obstructive sleep apnoea suffer from disrupted sleep and low blood oxygen levels.



# MODELS OF HEALTH

## ❑ **NEAT model of optimal health includes:** Source – Dr. D. Ornish

**N** – nutrition

**E** – exercise

**A** – avoid toxins and harmful microbes

**T** – tranquillity/peace of mind

The avoidance of toxins in restorative materials, and harmful microbes in gum disease, tooth decay, jawbone infections, is central to our practice of dentistry.

## ❑ **A Stress model of health recognises the influence of stress on our lives but defines stress in a particular way.** Source – Dr. Hans Seyle, George Evershaul

We recognise that stress affects our health and we define stress as a combination of:

- **Emotional** – the pressures of everyday life
- **Environmental** – things we are exposed to which can compromise our health
- **Postural** – work, exercise and sleep positions
- **Nutritional** – what we eat and drink helps build, maintain and repair our body
- **Dental** – there are three aspects to consider

**Biomechanical** – the way the teeth fit together affects muscles in the back of the neck and may contribute to headaches and neckaches.

**Infections** – in the gums, teeth and jawbone have been shown to affect cardiovascular disease, non-insulin dependent diabetes and many other conditions.

**Materials** – we ensure that the material we use in your mouth are strong enough, look good, will last and are biocompatible.

## ❑ **Health Model – Six subclinical defects common to many diseases:** Source – Dr. H.L. Queen

Body acidity (pH imbalance) – saliva that is acidic reflects a body acidity that predisposes you to disease

Anaerobic Metabolism – affecting your energy levels and encouraging harmful microbes

Excess of free calcium – important for proper muscle and nerve function as well as healthy bones resulting in deposits and calcifications

Chronic Inflammation – raising the risk of infections, toxicity and a wide range of diseases especially heart disease, arthritis and cancer

Oxidative Stress – producing free radicals that affects healthy cell function, characteristic of chronic diseases, infection and aging

Connective Tissue Breakdown

All six defects have signs and symptoms that are evident in the mouth. Any one or combinations of these include:

- bleeding gums
- bone loss around teeth
- receding gums
- calculus/tartar deposits
- tooth decay
- candida/thrush
- bacterial infections in the gum and supporting bone

By testing the pH of the saliva we can identify a tendency towards acidity throughout the body.

By modifying your diet and lifestyle you can effect all of these defects.



# OUR ORAL HEALTH & PREVENTION PROGRAM

Most dental diseases are preventable. Regular maintenance is central to this Program.

## Dental Hygienists – detection, treatment and prevention

Dental Hygienists specialise in the detection and treatment of gum disease, as well as specialising in the prevention of gum disease and tooth decay, by instructing you on the most appropriate home care procedures.

Our aim as Dental Hygienists is to create an environment that is easy for you to clean and maintain on a daily basis.

In a healthy mouth the gum is like a tight collar around a tooth making it easy to brush away plaque and allows for you to keep the gums healthy and clean avoiding chronic inflammation or infection.

Chronic inflammation or infection (Periodontal disease) occurs when plaque and tartar build up around the tooth, pushing the gum away from the tooth, creating a pocket which is impossible to clean, resulting in chronic inflammation and eventually irreversible bone loss

<h3>Healthy</h3> <ul style="list-style-type: none"><li>• Firm gum attachment</li><li>• Easy to clean</li><li>• Pink healthy</li><li>• Does not bleed</li><li>• Healthy bone level</li></ul>	<p>The diagram illustrates the difference between a healthy tooth and one affected by periodontal disease. On the left, labeled 'Healthy', the gum tissue is firm and attached to the tooth, and the bone level is high. On the right, labeled 'Periodontal Disease', the gum tissue is inflamed and pulled away from the tooth, creating a 'Pocket'. This pocket is filled with 'Plaque Tartar', and the bone level is significantly lower, labeled as 'Reduced Bone Level'.</p>	<h3>Periodontal disease</h3> <ul style="list-style-type: none"><li>• Gums bleed on brushing or flossing</li><li>• Impossible to effectively clean</li><li>• Plaque</li><li>• Tartar/calculus</li><li>• Reduced bone level</li><li>• Systemic consequences</li></ul>
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Periodontal disease exerts its influence on other parts of the body by various mechanisms

- **Bacterial spread** throughout the body via the blood stream and inhaling through the lungs
- **Biochemical consequences of chronic inflammation** e.g. Makes LDL (bad) cholesterol more sticky predisposing to cardiovascular diseases
- **Immune consequences** – chronic low grade inflammation (bleeding gums) or infection (gingivitis or periodontitis) creates a long term strain on the immune system which may compromise your health

## Nutritionist/ Naturopath – sound nutritional advice and support for health

Acidity is a key element in our Preventive Program as it predisposes you to inflamed or infected gums and tooth decay.

Acidity (pH imbalance) of the saliva is easily detected and reflects an acidity in the body which compromises your health.

It is primarily what we eat and drink which predisposes us to a more acidic body imbalance promoting more damaging bacteria and affecting the balance of calcium in our bodies.

Our Nutritionist/ Naturopath can advise you not only how to improve your oral health but also your general health.

## Oral Cancer Screening

One of the most common and virulent cancers in Australia. One of the real dangers of this cancer is that in its early stages, it can go unnoticed. It can be painless, and little in the way of physical changes may be obvious. The good news is however, that regular screening by dentist or dental hygienist can see or feel the precursor tissue changes, or the actual cancer while it is still very small, or in its earliest stages.