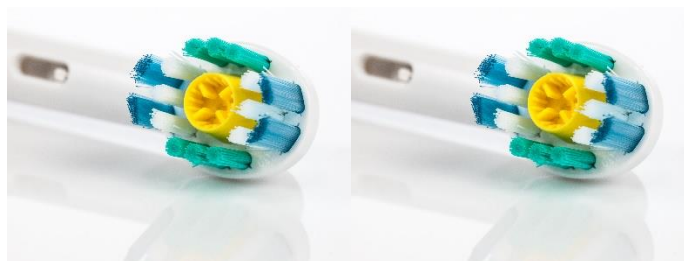

Gum Disease and Dementia - Poor oral hygiene often results in bad breath and cavities, but, according to a *Medical News Today*, Oct. 2014 article, there is a chance that poor dental hygiene could aid in advancing the rate of developing Alzheimer's disease. Studies from NYU in 2010 show that the bacterium - *Porphyromonas gingivalis* - was present in the brain of individuals who suffered from Alzheimer's disease. During a study conducted in 2014, which was published in the *Journal of Alzheimers Disease*, it was discovered that this bacterium was not present in brain samples of those who were not suffering from Alzheimer's disease. The thought-provoking thing here, is that *P. gingivalis* is commonly associated with chronic gum disease, but keep in mind, correlation doesn't necessarily mean causation. It is believed that these motile bacteria are entering the blood stream and the nervous system. This can affect the brain as well as the roots of teeth. It would be ideal for all of us to remember that our mouth has a leading influence on our bodies. From what we put in it, to how healthy we eat, to how we treat it, and how clean we keep it. All of these things will come into play on our overall health! Numerous studies associate periodontal and gum inflammation to dementia and cognitive decline. Don't let your teeth aid in increasing your chances for developing a debilitating cognitive disease. In order to help protect and preserve not only your teeth but also your mind, be sure to keep your scheduled 6 month dental exam and cleaning appointments, brush your teeth three times a day and floss daily!

Looking for a great electric toothbrush? How about considering the only brand that has recently received the ADA seal of approval. The Oral-B line of electric toothbrushes are the first to receive the coveted ADA seal. What does that mean? It means that these toothbrushes were put to the test by the ADA Laboratory; as well as meeting ADA and American National Standards Institute-approved dental standards. Proctor and Gamble also had to submit studies proving safety and efficacy standards. Having the ADA seal means that patients can be assured that this product is both safe and effective for daily use. As a convenience to our patients, we have started selling the Oral-B Genius toothbrush at our office! You can do a "test drive" while in the office to see if this is the toothbrush for you!



Office Closings & Holidays

Our team will be out of the office Friday, August 17th for Continuing Education classes. In observance of the Labor Day holiday, the office will be closed Friday, August 31st and Monday, September 3rd. Thank you in advance for your understanding and consideration when we must be out of the office.



Congratulations! –

We would like to congratulate Judi Lee, our April drawing winner! We hope you enjoyed dinner on us, Judi!!

GOOGLE Review Raffle

In May we introduced the **GOOGLE** Review Raffle to take the place of the monthly drawing. Anyone who leaves a **GOOGLE** review for our office will be entered into a drawing for an awesome prize. It is super easy to leave a **GOOGLE** review and we love hearing our patient's feedback. **Simply GOOGLE Elite Dental Care TN and find us! Then click leave a review.** We appreciate the 5 stars but your kind words are also nice to hear! Thank you to all those who have already left a **GOOGLE** review and we look forward to hearing from others soon!



What's Cooking?

Grilled Corn on the Cob

Cook time: 20 minutes

Yield: Serves 4

Ingredients

4 ears fresh corn, in their husks

Butter (or an [herb butter](#)) for serving

Instructions:

1 Prepare your grill, gas or charcoal, for direct, high heat. (About 550°F) You know the grill is hot enough if are able to hold your hand one inch above the grill for only 1 second.

2 Grill corn in husks: The corn husks will protect the corn from burning or drying out while it is on the hot grill.

If you want a bit of char on your corn, peel off a few of the outer layers of the corn husks first, before grilling.

Place the corn in their husks on the hot grill.

Cover the grill. Turn the corn occasionally, until the husks are completely blackened and charred on all sides, about 15 to 20 minutes.

3 Remove silks and charred husks: Remove the corn from the grill. Let them sit for 5 minutes or until cool enough to handle. Remove the silks and charred husks from the corn. If you need to, use a damp towel to protect your hands from any sharp edges from the charred corn husks as you peel them off.

4 Serve with butter. (Or you can sprinkle with a little chili powder, cotija cheese, and some lime juice for a Mexican twist.)

Are you at risk for periodontal disease?

Several factors can increase the risk of developing periodontal disease.

1. Studies have shown that people who smoke or chew tobacco are more likely to have periodontal disease.
2. Systemic diseases, such as diabetes or blood cell disorders can lower the body's resistance to infection, making periodontal diseases more severe.
3. Many medications have side effects that reduce saliva that can result in irritated tissue.
4. Genetics may play a role.

How can I prevent periodontal disease?

Practicing a good oral hygiene routine for a few minutes three times a day can help reduce your risk of developing periodontal diseases and tooth decay.

- Brush your teeth three times per day with a fluoride toothpaste; clean between your teeth once per day using dental floss.
- Eat a healthy, balanced diet,
- Visit your dentist regularly. Professional cleanings are the only way to remove tarter.

Do you follow our Facebook (Elite Dental Care TN) page? If not, you should! Keep an eye on the page for discounts, specials, and contests in the upcoming months. We love it when you comment and share our posts with your friends! If you love us, please let the Google world know by posting a Google review! Posts and reviews help our placement in the digital world!