



Complete Dental Care
St. Kilda Rd.



Your Health
& Dentistry

Dr Adam Keyes-Tilley & Associates

Welcome

Your Health and Den-

Your oral health is one very clever way you can monitor and control some areas of your overall health. You may be surprised to learn that many conditions that present in your mouth can be signs or symptoms of problems that your body may be suffering. More importantly though, these signs may assist us in diagnosing a condition that requires attention.



Whilst research is still continuing, there has been definite links between poor oral health and certain conditions.

Our brochure aims to provide you with information about the known facts and the most recent findings. If you have any questions or concerns please contact our reception for further information.

Gum Disease and Your Health

At some point in our lives, we have all suffered at least some form of gum disease. Bleeding gums when brushing is usually the first sign and many are diagnosed with the reversible form of gum disease known as gingivitis.

Gingivitis is caused by a build-up of plaque due to an ineffective brushing or flossing routine. If left untreated harmful bacteria can form around the area where the tooth meets the gum causing a destructive and sometimes painful form of gum disease known as periodontitis. The presentation of periodontitis is often affected by nicotine intake, medications, diabetes and people with compromised immune systems. Untreated periodontitis in pregnant women increases the likelihood of pre term and low birth weight babies.

Periodontitis

There are many problems associated with periodontitis. Its initial destruction will include the inflammation followed by the resorption of your gum tissue. The gum tissue will gradually pull away from each tooth allowing further bacteria and plaque to enter the space between your tooth and gum. As the infection spreads, it will attack the supporting bone structure therefore resulting in movement and eventual loss of your tooth. Periodontitis has proven to be the most common cause of tooth loss amongst adults.

Further more, recent research has discovered bacteria that cause periodontitis also facilitates the build up of deposits in the arteries of the heart, causing cardiovascular disease.



Snoring and Sleep Apnoea

Snoring has always been a topic of much discussion within the dental profession. Now, using appliance therapy, we can offer a simple solution to one of the worlds most embarrassing and worrisome conditions.

Firstly, we will explain why you snore. The process of snoring is mainly to do with a vibration of the soft palate and airway resistance when muscles and tissues at the back of the mouth relax. Treatment for this involves the use of a custom-made mouth appliance that is worn during sleep. This minimalistic appliance is comfortable to wear and offers a solution to a problem that causes many sleepless nights.

In addition to offering a solution, we also provide you with some information on your health. Snoring is often a sign that you may be suffering a serious condition known as sleep apnoea. Not all cases of snoring prove to be associated with sleep apnoea however all patients must visit a sleep physician prior to any appliance being fitted.

Sleep apnoea is a condition by which your breathing is affected. During times of sleep and

total relaxation, your airway will close over and your breathing will stop for a very short period of time. During this time you will briefly wake and resume breathing. This may happen many times throughout the night therefore severely disrupting your sleep. There are many associated symptoms of this condition including daytime sleepiness, the consequences of placing the heart under strain whilst sleeping and disturbed sleep patterns for the sufferer, their partners and family members.

Tooth Grinding

If you grind your teeth then you are not alone as many adults and children alike suffer from this destructive condition. Grinding can be actioned during times of stress or tension. Sometimes this may be triggered by the uneven or irregular chewing surfaces of your teeth, this is known as a malocclusion.

Many uncomfortable symptoms can be the result of grinding; these include the clicking of your jaw joint, headaches, muscle tension (face and neck), tooth sensitivity and excessive wear of the tooth's protective layers. In most cases, a protective bite splint can be custom-made to prevent any further damage and alleviate your symptoms.

Mouth Ulcers

Mouth ulcers are common and usually painful. They appear as little craters in the lining of your mouth and the most common cause is trauma, such as accidentally biting your cheek. Other more serious causes include herpes infection, inflammatory bowel disease and immune disorders. The causes are usually diagnosed by investigating symptoms around the body.

Recurring ulcers may be Aphthous ulcers which appear when you are feeling stressed, or under the weather. These mouth ulcers can take a couple of weeks to heal and are likely to keep re-appearing until you're feeling relaxed and well again. In most cases, mouth ulcers are harmless and resolve themselves in a few days without the need for medical treatment

Oral Cancer Screening

One of the greatest advances in combating cancer has come from increased awareness and aggressive campaigns directed at early detection. With the knowledge that early detection can save lives it is essential you are aware of any tissue abnormality present within your mouth for even the shortest period of time.

As part of our detailed regular examinations we will visually and manually check your oral tissues to screen for any abnormalities or areas of concern. Should an area present with even the slightest possibility of concern you will be closely monitored and if improvement is not made a biopsy or referral will be highly recommended.

Your Oral Health and Pregnancy

It's important to understand that pregnancy does not directly damage your teeth. There are many tales that may have you concerned, but the good news is if your intake of calcium is adequate you can expect that your teeth will be fine.

In some cases, the demands of pregnancy may lead to dental problems. The best way to prevent these problems is to follow good hygiene habits before and during your pregnancy. Sometimes this is easier said than done as morning sickness can interfere drastically with regular oral health routines.

If you are planning on becoming pregnant, we suggest you come to our practice for a hygiene visit, detailed examination and possibly radiographs. This way you can be sure your oral health is one less thing to worry about during your pregnancy.

Your dental health is a very important area to consider when you are looking at your overall health. Maintaining good oral health will ensure that you can function with your own healthy teeth and gums hopefully for the rest of your life.

If this is not motivation enough, ensuring your mouth is healthy also helps to give your baby the best start in life. Chronic diseases such as periodontitis have been shown statistically to increase the risk of pre term and low birth weight babies. These babies often then require high levels of post natal care and do not thrive as well as full term babies.

Although we are not general medical doctors or medical specialists we routinely screen for all of the above conditions every time you enter our practice and referrals will be organised should we find anything untoward.



Contact **cdc**
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