

Dr. Joel D. Singer

## Importance of Removing Bacteria and Plaque

**J**am often asked about the best way to care for one's teeth and gums with a natural or holistic approach. The most holistic, natural and effective daily care of teeth and gums is to remove as much of the harmful bacteria from them as possible on a regular and ongoing basis. This reminds me of a statement I heard many years ago: "You don't have to brush all your teeth, just the ones you want to keep."

The fact is that dental disease, tooth decay and gum disease is caused by bacteria. Bacteria adhere to the teeth as a biofilm, which is a

bacterial colony that sticks to all kinds of materials as a slimy, glue-like coating. Picture a clogged drain or a slimy, coated rock in a stream. The biofilm that forms on the teeth is referred to as plaque and when it's not loosened and removed effectively it begins to mineralize and harden onto the teeth, at and below the gumline, as calculus or tartar.

Proper homecare – most commonly brushing and flossing – is the key to minimizing the accumulation of plaque (and it's harmful bacteria), however, the effectiveness of these basic homecare rou-

tines vary widely. Many people do not brush effectively; few floss regularly, and very few floss properly. There's no "magic bullet" to maintaining dental health. Effective techniques and discipline of daily care is the only answer.

Professional dental cleanings and exams are critical in maintaining one's oral health. At these visits we provide an oral cancer exam, check the teeth and any existing fillings, crowns... and we evaluate the health of the gums. **Equally important is our assessment of your at-home care so we can design the simplest routine that you can use daily to protect and maintain your oral health.** We may recommend specific products or devices to help you be most effective.

Oral health is crucial for overall health. The oral cavity is the beginning of the digestive tract and the mouth is the point of entry for many bacteria to enter the body as well as the bloodstream. There is more information available now than earlier, linking poor oral health to many chronic diseases. You cannot consider yourselves healthy or minimize the risk of disease without maintaining a healthy mouth.

Check back in the next issue to learn more, and call your dentist today for an evaluation to see how you're doing!

*Dr. Singer's practice is located at 327 Bridge Plaza North, Fort Lee, NJ. Questions to him can be sent to the Editor of MY WHOLE PERSON.*



### People are Talking About ...

#### *How to make your life more holistic*

Healthy changes do not have to be radical, but rather it is important to make small changes – little by little, every day. We're searching for ways to be healthier and live lives of wellbeing. We start with the most essential thing in our life – **WATER**.

For the most trustworthy protection, it is wise to install reverse osmosis drinking water system, which is the most efficient way to provide you and your family with great tasting, clean drinking water. This system cleans heavy metals and takes away all toxins. Less expensive options are to install a filter on the tap or buy filtered water. You may contact the Office of Ground Water & Drinking Water - toll free - Monday through Friday, 10:00 am to 4:00 pm eastern time (except Federal holidays) at 1-800-426-4791 to answer your questions, or visit <http://water.epa.gov/lawsregs/rulesregs/sdwa/index.cfm>.

These steps will make your life more greener and healthier.

