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distinctive health benefit it provides fighting gingivitis," she said.

Colgate Total still has the ADA (Australian Dental Association) Seal of Approval. For the time being, Martin Pace Dental still recommends Colgate Total.



Queensland found that over the course of four years, triclosan toothpaste had no ill-effect on the hormonal function of humans.

Attached is an excerpt taken from the Sydney Morning Herald (21/8/2014)

Recently there has been some questions raised about the safety of Triclosan in products such as Colgate Total. Triclosan is an antibacterial agent. It's in many products we use daily from handwash, shampoo, soap ect... On a dental level, its proven to aid in the fight against gingivitis, gum disease and inflammation.

The concern with Triclosan is that studies have shown links between disrupted hormonal development, a reduction in bacterial resistance and an increase in allergies in some animals. An Australian study by academics at the University of

A Colgate Australia spokeswoman, Tamara Daran, described the coverage of the reviews into the use of triclosan as unfair.

"Regarding carcinogenicity [cancer causing chemicals], three studies in three different animal species were reviewed by the US FDA - and later regulators in Europe, Canada and Australia.

"All concluded that triclosan in Colgate Total is safe," she said.

"Colgate Total users can be fully confident in the safety of our toothpaste and the



On A Personal Note!

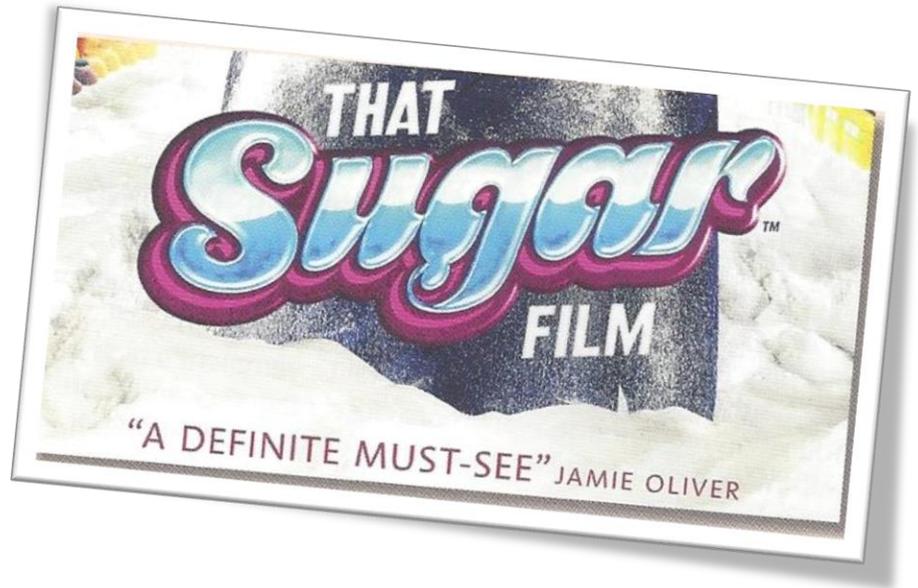
Dr Anderson made it back alive from his maiden Sydney – Hobart Yacht Race! It was an amazing experience (even though our yacht was disqualified on a technicality)!

Would he do it again??? Maybe ☺



New Website!

Have you noticed our new website?? Same address – just a fresh look and up to date content. Please have a look and share it around with your friends and family.



WHAT ARE SUGARY DRINKS DOING TO YOUR BODY?

SUGAR & ACID LEVELS IN SUGARY DRINKS AND 'DIET' VARIETIES CAN CAUSE TOOTH DECAY

HIGHER SUGAR INTAKE INCREASES YOUR RISK OF NON-ALCOHOLIC FATTY LIVER DISEASE

340ML OF SUGARY DRINK A DAY, LESS THAN ONE CAN, INCREASES YOUR RISK OF TYPE 2 DIABETES BY 22%

SUGARY DRINKS CAN REDUCE BONE DENSITY WHICH MAY LEAD TO OSTEOPOROSIS

BEING OVERWEIGHT OR OBESE PUTS YOU AT GREATER RISK OF HEART DISEASE, KIDNEY DISEASE, TYPE 2 DIABETES, STROKE AND SOME CANCERS

ONE CAN OF SUGARY DRINK A DAY CAN LEAD TO 6.5KGS WEIGHT GAIN IN A YEAR

RAPID BLOOD SUGAR SPIKES AFTER DRINKING SUGARY DRINKS CAN INCREASE HUNGER AND OVER EATING

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A recent study has revealed :

- 7-Eleven Mega Slurpee with popping candy has 25 teaspoons (110g) of sugar.
- McDonalds' Frozen Sprite Splash with Popping Candy has 18 teaspoons (73g) of sugar!

"That Sugar Film" Starring and directed by Damon Gameau aims to raise awareness of the effects a high sugar diet has on the human body. In Damons 60 day experiment, he consumes the equivalent of 40 teaspoons a day. He eats food that has "hidden sugars" (those foods till recently we all considered to be "healthy"). Although the impacts shown are not necessarily about oral health Damon highlights a case study of a man in the USA who drinks in excess of 6 cans of Mountain Dew a day!! The impact to his teeth and gums are startling!

To watch the trailer :

www.youtube.com/watch?v=6uaWekLriIY

Water Fluoridation – why are we still debating this?

Water fluoridation is one of the most heavily studied public health measures in the developed world. American scientists in the 1930s found people living in towns with higher levels of fluoride in the water experienced less tooth decay than those people living in towns with lower levels of fluoride.

The anti-fluoride lobby has been debating fluoride in the drinking water for 70+ yrs! They always find results that 'Study X' causes 'Disease Y' therefore; fluoride should be banned!! Apart from the fact that most of their studies are methodically weak, correlation does not = causation! It's amazing that that 70 + yrs on its still being debated.

The CDC (USA) has labelled the addition of fluoride as one of the 10 greatest public health achievements of the 20th century. Directly or indirectly, we as Australians pay for disease whether it be diabetes, heart disease, dental decay ect.. Fluoridated water means fewer fillings, fewer extractions, and fewer visits to the dentist - resulting in healthier teeth, better smiles, and less pain and suffering; both in the mouth and the hip pocket.