

# Transforming Smiles... *Transforming Lives...*

Fall 2016



## Recommendations for a healthy mouth and heart

For some time now, evidence has been pointing to a possible link between the health of one's mouth and the health of one's heart.

Although the exact connection between periodontal disease, which results from bacterial activity in the pockets between the gums and the teeth, and heart disease is not known, there are healthy habits that can be cultivated that fight both conditions:

- 1. Start with flossing.** Brushing at least twice a day is essential to good oral health, but daily flossing is the key to preventing gum disease and inflammation, which may interfere with blood vessel function and contribute to heart disease.
- 2. Downsize your diet.** Focus on smaller food portions, fewer carbohydrates, and foods lower in sugar.
- 3. Up your healthy nutrition intake.** Not surprisingly, the diet that is best for your teeth is also better for your heart. Choosing vegetables, low-fat dairy products, nuts and grains, and fresh fruits can mean a lower risk of both cavities and heart disease.
- 4. Give up tobacco products.** Smoking is detrimental to oral health and heart health. On average, smokers lose more teeth over a lifetime than nonsmokers, and smoking can contribute to the formation of blood clots and clogged arteries.
- 5. Get moving.** Even if you exercise regularly, sitting for long periods in front of a television or computer may have an adverse effect on fats and sugars in the blood. Be sure to get up and move around periodically to keep muscles and joints from stiffening, and blood pumping in a healthy manner.



...there are healthy habits that can be cultivated to fight both gum disease and heart disease.

Produced for the patients of Karen O'Rourke, D.D.S., P.C.

### OFFICE STAFF

**Administrative Coordinators:**  
Cheryl  
Linda

**Clinical Assistants:**  
Tara  
Sarah

**Hygienists/  
Periodontal Therapists:**  
Jill  
Sheila

### OFFICE HOURS

Monday, Tuesday, Wednesday  
8:00 a.m.-5:00 p.m.  
Friday 7:00 a.m.-4:00 p.m.

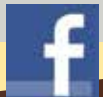
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## FACEBOOK!

Find Karen O'Rourke, D.D.S., on Facebook, and [Like] us to stay updated between newsletters!



*Thank you for all your referrals. We appreciate them!*

# Happy anniversary!

## *Celebrating 30 years in dentistry*

Dr. O'Rourke is celebrating 30 years in dentistry in a meaningful way: with "30 Acts of Kindness" to those who contributed to her success—her staff, her patients, and the local community. We will highlight some of our activities to date. The staff was treated to ice cream across the street at Cone City and also received Celebration! Cinema gift cards for a night at the movies.

For patients, we have had drawings for a kid's Sonicare toothbrush, won by Lillie, and an Airfloss, won by Sara. We had a day of cupcakes and a day of flowers for our patients. Patients received 30 percent off products for three weeks. Free Orthotropic exams were performed one morning. We asked our patients to contribute to a Basket of Blessings—things they are grateful to have received. Patients and staff contributed toward a donation to the John Knox Food Pantry.

We offered thanks to God for our gifts and talents. We sent notes of appreciation to businesses that support us. Staff fanned out to clean up the neighborhood around us, toothbrushes and toothpaste were donated to the VA, and flowers were delivered to Spectrum Rehab and Greentree Apartments down the road. We prayed for our country for one month. But wait—we aren't done. The celebration will continue. Watch for another giveaway to patients, more drawings, and more fun.

Dr. O'Rourke extends a big thank-you to her patients for their kind words and notes. ***You are awesome!***



***The staff was treated to ice cream and received Celebration! Cinema gift cards for a night at the movies.***



***We had a day of cupcakes for our patients.***



***A kid's Sonicare toothbrush for Lillie!***





*Patients and staff contributed toward a donation to the John Knox Food Pantry.*



*Flowers were delivered to Spectrum Rehab and Greentree Apartments down the road.*



*Our "Celebrating 30 years with 30 Acts of Kindness" board!*



*Our patients contributed to a Basket of Blessings—things they are grateful to have received.*

## The health of the diabetic mouth

Diabetes is so common that it affects nearly 30 million Americans, close to 10 percent of the population. Diabetes is characterized by the body's inability to process sugar properly, resulting in high blood sugar, which in turn can affect the heart, eyes, nerves, kidneys, and mouth.

Diabetes specifically affects the mouth by causing xerostomia, or dry mouth, which in turn can increase the risk of periodontal disease—a common cause of tooth loss and cavities.

Because diabetics are more susceptible to infection, periodontal disease can also be harder to fight in diabetics.

Another common problem in diabetics is a slowed healing process. This can make it more difficult to heal ulcers or cold sores and to keep gums healthy.

To keep their mouths and whole bodies healthier, diabetics should take the necessary steps to control blood-sugar levels. Frequent professional checkups may be part of an overall plan to keep the mouth healthy. Diabetics should brush thoroughly after each meal and floss daily. Tobacco use should be avoided. Diabetics who wear dentures or have partial plates should be sure to cleanse them daily.

# Sippy cup solutions

Many parents of small children have heard of nursing bottle syndrome, which can cause cavities in baby teeth, but probably fewer are aware that some sippy cups can cause similar issues.

Sippy cups are generally made of plastic, and they sport a tight lid with a slatted spout from which the child sips liquid. Sippy cups, which are designed as a temporary transition from baby bottles to normal cups, are not all created equal.

The problem with some sippy cup designs is that a valve located under the spout can cause the child to have to suck the liquid out rather than sip it. This can lead to the formula or juice bathing the teeth in sugars that can cause enamel to erode and cavities to form.

## Steps parents can take to prevent this problem include:

1. Choosing a cup that does not employ a valve so that the child will learn to sip.
2. Limiting the use of the cup to meals and designated snack times.
3. Restricting snack time and other between-meal drinks to plain water.
4. Making sure the cup is cleaned thoroughly after each use.



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**RETURN SERVICE REQUESTED**

## Oops!

We had a misprint with our last newsletter. Did you wonder why there were articles about toe fungus and heel spurs on the inside two pages? The printing company accidentally put podiatry pages in our newsletter. Perhaps you found it helpful, but we apologize for the error. I care about your health from head to toe, but I am not trying to address your feet concerns!

Sincerely,  
**Dr. O'Rourke**

## Attention!

If you have borrowed any books from us, please return them so that they are available for others to borrow. Sample titles missing are:

- **ABC: Always Breathe Correctly**
- **Close Your Mouth**
- **Asthma-Free Naturally**

