



WORD OF MOUTH

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Question :

Why do you still place silver fillings in teeth?

Dental materials research is always trying to find new and innovative materials that will adhere to tooth structure, withstand extreme temperatures, and hold-up for a long time under chewing abrasion and biting pressure.

Many people express a preference to have composite fillings be placed in posterior teeth rather than silver fillings because of health fears of metals and cosmetics.

A recent article in "Inside Dentistry" discussed some new bulk-fill composite (tooth colored plastic) materials. While the bulk materials have less shrinkage during hardening, there are still stress factors at the adhesion interface that may cause weakness and tooth sensitivity. The bulk-fill material is stronger in lab tests but in the mouth an average bulk-fill composite filling will still only last 7 to 10 years in a posterior tooth. Silver fillings have their drawbacks, but they are still very strong, adapt to tooth structure well, are more bacteria and decay resistant at the filling/tooth interface than composite fillings, last a long time, and are reasonably priced.

For small fillings, composite material is good in posterior teeth. But until composite materials improve substantially, Dr. Purinsh will still recommend a silver filling or a crown for the longevity of a large restoration and the health of a posterior tooth.

What Else Can We Tax?

Sugar-Sweetened Beverage (SSB) Taxes - Current health data indicates sugar-sweetened beverages (SSB) contribute to obesity and other diseases. Because of the ill-health effects of high fructose corn sugar and high sucrose intake, several communities have passed SSB tax measures. The U.S. communities who have passed SSB laws are Berkley (CA), Philadelphia, San Francisco, Oakland, Albany (CA), Seattle, and Boulder (CO).

SSB taxes are based on the number of ounces in a sugar-sweetened beverage. For example, in Philadelphia, the tax is 1.5 cents per ounce. This adds 24 cents to a 16-ounce SSB. This tax in Philadelphia went into effect January 2017 and raised over \$5.7 million in the first month and over \$39 million in six months. Then in Cook County, IL, which is Chicago and its suburbs, there was tremendous public opposition among the residents and voters to an SSB ordinance. There were legal challenges and enforcement problems, which quickly lead to repeal of the SSB ordinance.

The most common opposition to SSB taxation is the government is acting as a "nanny state" restricting an individual's personal choices and trying to control "vices." Another complaint is that it is not fair to single out sugar-sweetened drinks for taxation when there are many other unhealthy foods that are not similarly taxed.

Support or opposition of SSB taxation is not clearly divided by the usual political lines. The World Health Organization and the American Public Health Association have come out in support of SSB taxes to prevent obesity, diabetes, and tooth decay. Whereas, the American Heart Association advocates education and a warning label on SSB's. A 2016 Vox Media poll found men, women, conservatives, moderates, and liberals are *equally* divided regarding SSB taxation.

GOOD Dental Health News!

The prevalence of dental cavities in U.S. children and teens is decreasing. The federal Centers for Disease Control and Prevention released a study from the National Center for Health Statistics that showed the prevalence of dental cavities for ages 2 to 19 has dropped from 50 percent in 2011-12 to 43 percent in 2015-16

The Case Against Juice

Juice shops having been opening up all over and the increase in varieties of juices in the grocery stores demonstrate that this is a popular trend. But is drinking juice as healthy as everyone says? Juice can help a person consume more vitamins and minerals and that is a positive effect for people who have trouble eating fruits and vegetables. But, a paper published last winter in the Journal of the American College of Cardiology concluded, “whole food consumption is preferred” over a liquid diet.

While fresh juice does contain the vitamins and minerals you would find in produce, it is devoid of the key ingredient that helps our digestive system work properly, which is *fiber*. Fiber is the parts of the plant your body cannot digest and just because your body does not absorb fiber, that does not mean it does not use it. Fiber moves through your gastrointestinal tract to help regulate healthy digestion and keep you full longer, according to the Mayo Clinic. Eating a high-fiber diet has been shown to reduce your risk of diabetes, heart disease and obesity. And without fiber, juice will not keep you full. Particularly with fruit juice, you are only getting the sugar and water that was contained in the fruit. Also, the sugars in fruit juice are more concentrated so you are getting a bigger amount of sugar than you would consume with whole fruit. Fiber in fruit helps to slow the absorption of sugars into the bloodstream, preventing spikes in blood glucose. Also, research has found that drinking nutrients is less satisfying than eating whole foods because juices do not require chewing, so they are less satisfying.



Research suggests the following:

- Eat whole fresh fruits and vegetables whenever possible. Avoid the common trap of thinking of juice as a zero-calorie freebie. It can add up in sugar and calories.
- Green juice (juice made entirely or primarily from vegetables) is a smarter choice because vegetables are typically lower in sugar and calories than fruits.
- Juice “cleanse” regiments have not shown to have any long-term weight loss or other positive outcomes.
- Increasing fiber containing foods results in more satiety and results in people eating less afterward.
- Smoothies are by no means a perfect food, because it is easy to overdo on sweet fruit or get tricked into adding sugary toppings. But smoothies are typically made from whole fruits or vegetables keeping more fiber in the nutritional equation. If the smoothie is combined with a healthy protein (like a plant-based protein powder) and a wholesome fat (such as avocado or almond butter) – it will create a more healthy drink.



Springtime Greetings to Everyone!

Gene and I had two wonderful trips within a short period of time. In November, we went to Chile and Argentina. Then in February, we were in Australia for three weeks. I have to say, we are done with long-distance traveling for a while!

Some news in our office: Kathy has decided to retire after working for me for over 14 years. She plans to move to New Mexico where it is warmer and quieter. We are currently in the process of looking for someone for our front desk receptionist position. So in May you will hear a new friendly voice on the phone and see a new face at the front desk.

Many thanks to you for your trust and kind referral of friends and family to our office for dental care.

*Best wishes to you from,
Dr. Mary Purinsh*



Mary and Gene in the balcony of the Museo Nacional de Bellas Artes (museum of fine art) in Santiago, Chile.