

## Periodontal Disease and Older Adults

According to the U.S. Administration on Aging, the population of Americans older than 65 years is expected to double to about 71 million by 2040. The population of Americans older than 85 years is expected to increase to 9.6 million by 2030.

The dental needs and challenges of older adults includes a critical correlation between a healthy body and a healthy mouth. Every tooth in your mouth plays an important role in speaking, chewing and in maintaining proper alignment of other teeth. Recent research has

shown an association between periodontal infections and heart disease, stroke, diabetes, osteoporosis and respiratory diseases. It is now, more than ever before, important to have periodontal treatment not just for your teeth, but your overall systemic health.

Oral bacteria can enter the blood stream, attach to the inside of blood vessels and stimulate an inflammatory reaction. This can contribute to the formation of plaques and blood clots. Heart disease is characterized by a thickening of the walls of the arteries due to the buildup of fatty plaques.

The blood clots can obstruct normal blood flow causing a decrease in oxygen to the heart which may lead to heart attacks. If the blood clots break loose, they can completely obstruct the blood flow to the brain to cause a stroke.

People with periodontal disease may also have a greater incidence of respiratory diseases, such as COPD and pneumonia. Recent research from the American Dental Association suggests that bacteria found in periodontal

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### *Healthcare at UB Clinics:*

*At the UB clinics, we offer healthcare that is multidisciplinary and enhances competence, mutual respect, and collaboration across all complementary, alternative, and traditional healthcare disciplines. The interns and supervisors deliver effective care that is patient centered, focused on health creation and healing, and readily accessible.*



## *Back Pain Treatment and Prevention*

Each year, about one half of all Americans report back pain. Back pain can start after an acute injury, such as lifting, falling or a strain during an athletic event. Often, however, back pain begins without any particular known cause. In about 30% of back pain sufferers there is an association between a decreased ability to function and a diminished quality of life, and even depression. A short period of rest and with-

drawal from painful activities may provide some relief for those with a recent injury. Prolonged rest and inactivity, however, can reduce the likelihood of a good recovery. Most back pain is not due to a serious disease process, but is considered mechanical or due to dysfunction. Once serious disease has been ruled out after a thorough history and physical examination, back pain is best treated with physical methods

such as manipulation and exercise.

Back pain sufferers have several treatment options including physical treatments and medications. It makes sense that one should try the safest and most effective treatments first. Some medications may be effective, but they often produce undesirable side effects. Chiropractic spinal manipulation is both safe and effective for back pain.

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## 2012 – the Year of the Water Dragon

Dragons symbolize such character traits as dominance and ambition. Dragons prefer to live by their own rules and if left on their own, are usually successful. They're driven, unafraid of challenges, and willing to take risks. They're passionate in all they do and they do things in grand fashion.

Water calms the Dragon's fire. Water Dragons are able to see things from other points of view. They don't have the need to always be right. Their decisions, if well-researched, are usually

better since they allow others to become involved.

Water-influenced years are notoriously erratic in their outcomes but nevertheless considered fortunate time periods. In 2012 this Dragon year begins on January 23rd and continues until February the 9th in 2013. It indicates a transformational time for world events and important turning points for individuals as well as a high degree of luck. The calm perceptive nature of the Water

Dragon will make it a good year that should also incorporate a few surprises.



*“Survey respondents report that Chiropractic spinal manipulation helps reduce pain and decreases the need for medication.”*

### **Back pain** (Continued from page 1)

Survey respondents report it helps reduce pain and decreases the need for medication. [1] The US Government's Agency for Healthcare Policy and Research recommended manipulation as safe, effective, drugless form of treatment for acute low back pain in adults. [2]

Chiropractors spend many hours training in the hands-on practices of manipulation and other treatments, including muscle therapies and exercise prescriptions. Exercise is effective for preventing back pain recurrence and in reducing lost work hours. [3] It is possible that sedentary lifestyles and inactivity lead to

weakening of the muscles that support the back and allow for smooth, coordinated movement patterns. Active rehabilitation should address activating and strengthening core muscles, especially the abdominal and deep spinal muscles. The goal of such exercise training is to promote stability and pain free coordinated motion. Weight training can also help reduce recurrences. [4]

#### References:

1. Orthopedics Today. Feb, 2003.
2. AHCPR Publication No. 95-0642. Dec, 1994
3. The Spine Journal. Feb 15, 2009.

4. Journal of Strength and Conditioning Research. Feb 7, 2009

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Call the UB Clinics for an appointment: 203-576-4349



## Creating a new you by implementing Therapeutic Lifestyle Changes (TLC)

Is your new year's resolution to become a healthier person? Have you been diagnosed with blood sugar problems, high blood pressure or high cholesterol? Or are you struggling to successfully lose weight? If so, make an appointment with a TLC certified naturopathic doctor at the naturopathic clinic. A visit to one of our TLC certified doctors will result in a plan individualized to you, along with the assistance and support you need to achieve your wellness goals. Your plan will include a detailed list of what foods to eat and how to eat them. An exercise program and detoxification plan may also be part of the pre-

scription. This program works because it treats the cause of your metabolic dysfunction, be it inflammation, hormone imbalance, insulin resistance or just simply an unhealthy body composition.

The food plan is designed to have a low-glycemic load, which means that your blood sugar won't take a roller coaster ride every time you eat. The latest research shows a food plan that focuses on keeping the blood sugar stable is more effective than a low fat diet in treating obesity, diabetes and cardiovascular disease. The TLC food plan has been shown to be effective in clinical trials. Our pa-

tients report that they have more energy, experience less hunger and are more likely to stick to the food plan than other weight loss diets they have tried.

We highly recommend that patients make a 12 week commitment to the program during which Naturopathic supervisors monitor patient's progress using lab values and other specific measurements.

**For more information about Naturopathic medicine and all our services, call 203-576-4349**

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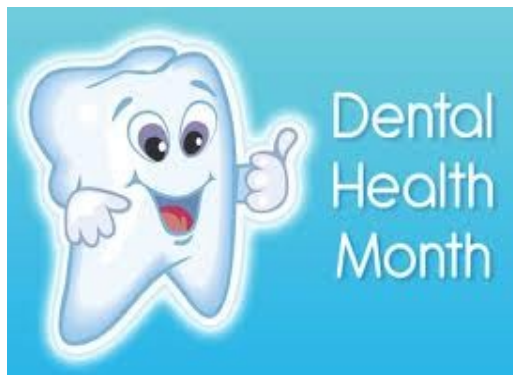
## *Periodontal Disease (continued)*

diseased mouths can be aspirated into the lower respiratory tract. This can cause infections or worsen of existing lung conditions. Brushing your teeth daily, helping removing the plaque and maintaining good oral hygiene, can lower the incidence of respiratory infections.

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**For more information about the Fone's School of Dental Hygiene Clinic and all our services, call 203-576-4137**



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## Foods for the Winter - An Acupuncture Perspective

“The forces of winter create cold in Heaven and water on Earth. They create the kidney organ and the bones within the body...the emotion fear, and the ability to make a groaning sound.” – *The Inner Classic of Chinese Medicine*

The water element nourishes and lubricates every joint in our body. The water element provides the flexibility and fluidity for movement. Stiffness, tightness, and joint pains are often a manifestation of an imbalance in the water element. Degenerative arthritis, low back pain, knee problems, and various joint pains reflect disruptions in the water element.

In the winter warming food and herbs are recommended to combat the external cold. Warming foods include hearty soups, whole grains and roasted nuts.

In Traditional Chinese Medicine, it is thought that adding both salty and bitter foods promote a sinking and centering quality which helps promote health during the cold season. Salty foods include seaweeds, millet, miso and soy sauce. Bitter foods include celery, lettuce, quinoa, cabbage and turnip and burdock root.

If you would like to learn more about how Chinese Medicine can help you stay healthy, please call the UB Clinics for an appointment: 203-576-4349

### Turnip/Miso/Tofu Soup:

- 1 TBSP Olive oil
- 1 diced onion
- 2 minced garlic cloves
- 1 TBSP chili sauce
- 3 cups vegetable stock
- 1 Diced turnip
- 1 Tbsp Miso paste
- 1 cup chopped turnip greens (or bok choy)
- Cubed extra firm tofu

Start by cooking down the onion and garlic in the olive oil. Add chili sauce. Add diced turnips and sauté about 5 minutes. Add vegetable stock and cook until turnip cubes are soft. Add miso, turnip greens and tofu and allow the soup to heat through – do not boil! This is a wonderful version of Miso soup... Enjoy!



### UB Clinics Contact Information:

The Health Sciences Center reception staff can be reached at 203-576-4349.

Fones Dental Hygiene reception can be reached at 203-576-4137.

The dispensary can be reached at 203-576-4298.

Hours and Fee information for all clinics may be found at: [www.ubclinics.com](http://www.ubclinics.com) OR [www.bridgeport.edu/pages/4410.asp](http://www.bridgeport.edu/pages/4410.asp)

