



## Tomato Juice Protects Bones

A new study shows that lycopene, a substance that makes tomatoes and other fruits red, reduces the bone resorption linked to osteoporosis.

At the University of Toronto's Calcium Research Laboratory, researchers say lycopene from tomatoes has been shown to have a protective effect on bones. Their new finding suggests that lycopene can be used as a natural complementary or alternative supplement for the reduction of bone absorption. It is especially recommended for women over 50 years old.

Doctors say it's possible that drinking a couple of glasses of tomato juice a day could keep osteoporosis away.

Other foods with high levels of lycopene include pink grapefruit, watermelon and guava. Among prepared foods, spaghetti sauce, tomato sauce and paste, and ketchup are loaded with lycopene.

May is  
National Smile  
Month



## Whole Grains Reduce Abdominal Fat

When you calculate the calories in your weight reduction diet, be sure to include the value of whole grains.

An important clinical study of people age 20 to 65 shows that dieters who included plenty of whole grains not only lost more belly fat, they reduced an inflammation marker linked to diabetes, hypertension and cardiovascular disease.

Over the 12-week study, all dieters got the same weight-loss advice, but half of them ate whole grains instead of refined

grains. The two groups lost the same amount of weight, but the whole-grain group lost significantly more fat from the abdominal region than those who ate white bread and other refined grains.

The whole grain group also experienced a 38 percent decrease in C-reactive protein, an inflammatory marker linked to the risk of heart attack, stroke, high blood pressure and diabetes. The reduction was similar to that seen with the use of statin drugs.

Senior researchers for the study say a lot of foods

claim they contain whole grains but are not really major sources.

They recommend finding products in which at least 51 percent of grain comes from whole grain.

Examples of such foods include oatmeal, whole grain cereal, brown rice, granola bars, popcorn and whole-wheat crackers.



## Occlusal Disease or Why Your Teeth Are Wearing Down

Occlusal Disease is a condition that causes unnatural wear and damage to your teeth, often requiring extensive repairs. Damage isn't limited to your teeth. Occlusal Disease can also affect the tissues that support your teeth, and even lead to facial pain and headaches.

Occlusal Disease is a generic term (like Periodontal Disease) that covers a number of pathological conditions associated with the bite, jaw muscles and the temporo mandibular joint (TMJ). Some experts believe that Occlusal Disease is the number

one cause of tooth loss, and of fillings and crowns breaking and needed to be replaced.

Properly balanced teeth show minimal or no wear with natural use. When people have Occlusal Disease in the forms of bruxism (involuntary tooth grinding) or an unstable bite, they can wear their teeth up to 100 times faster than healthy people.

Teeth are able to withstand the stresses of normal function, as are dental restorations. Most of the time, when teeth break or restorations fail, the cause is an unbalanced bite that places excessive

force upon one or several teeth.

An uneven bite and bruxism can also cause the teeth to flex laterally (as opposed to vertically), causing a microscopic loss of tooth structure. Over time, these continuing flexural forces cause the formation of deep, abnormal notches near the gumline.

If your teeth, fillings, and/or crowns are wearing or breaking, Occlusal Disease is likely the cause. Set up an evaluation appointment or discuss it with us at your cleaning appointment, and we can determine your options.

## RVs Target Younger, More Active Crowd

After a couple of difficult years, the recreational vehicle industry is making gains.

The industry is offering lighter vehicles that take less gas to drive or pull, and they are aiming at a broader range of buyers. They hope to attract younger buyers who want to haul kayaks or mountain bikes inside their trailers.

Other sectors of the population interested in RVs include people

who are tired of pat downs at airports and sportsmen who are leery of bedbugs in motels and hotels.

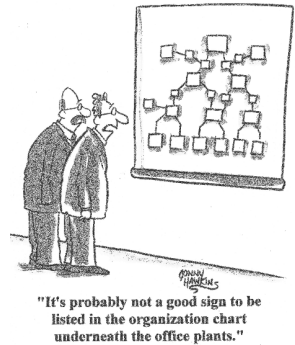
The industry is big on converting families to the RV way of life, creating memories for their children as they wend their way to fishing spots and woods hikes. In families where dad likes the great outdoors and mom likes the comfort of nice hotels, RV parks with their many amenities are

creating an interesting compromise.

About 7 percent of American families own an RV today. In the past, most buyers were age 50 and above, but the industry is working to lower the average age of buyers with more attractive, sleek and simple designs.

Thor Industries teamed up with retailer Eddie Bauer LLC to design and market a model aimed at younger and more

active people. Other manufacturers are making similar design improvements to attract sportsmen and others.



## Mockingbirds Entertain With Striking Musical Concerts

The mocker, as bird enthusiasts call the mockingbird, is the official state bird for Florida, Arkansas, Texas, Tennessee and Mississippi. Although the bird has been considered a southerner, it has increased its range northward and westward in recent decades.

Mimus polyglottos, the scientific name for the mocker, means "many tongued mimic." Up to

400 songs from the same bird have been recorded. If you think you've been hearing the songs of 10 or more birds outside your house, you may be hearing a mocker. The slender-bodied gray bird sings endlessly, even at night, while perched high atop utility lines, fences, poles, buildings or trees.

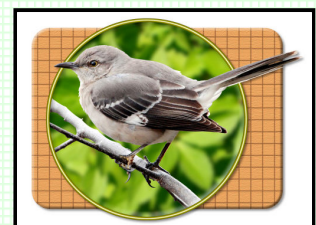
Although the mocker has a beautiful song of its own, repeating phrases three to six times and

changing its tune as often as 87 times in seven minutes, it can mimic the songs of many other birds. Its repertoire has been known to include that of meowing cats, barking dogs, chirping crickets, croaking frogs and sundry other sounds.

One researcher tells of attending an outdoor production of "Peter and the Wolf." A mockingbird added its own accompaniment to the flutist's portrayal of bird calls in the concert. The

audience was utterly charmed by the remarkable mimicry.

New England ornithologist Edward Forbush said the mockingbird "stands unrivaled. He is the king of song."



## Long-Term Use of Nicotine Replacement Products Is Ok

Smokers who want to quit often turn to nicotine replacement therapy (NRT). Nicotine is the most addictive chemical in cigarettes, and replacing it can ease the difficulty in quitting.

At this time, public health officials are backing away from recommending against long-term use of nicotine gum, lozenges and patches.

\* The Food and Drug Administration wants to eliminate the 12-week warning on these product packages and, instead, recommend that the quit-smoking aids be used for as long as needed, even if that means using them for years.



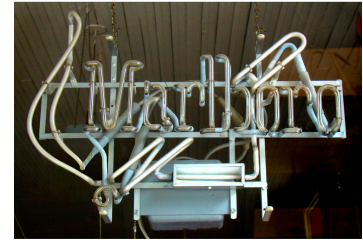
\* Producers of anti-tobacco therapies say their studies show that those who use them are about twice as likely to quit smoking after 12 weeks, compared to those who don't use NRT.

\* Research published in the Annals of Internal Medicine shows that smokers who use a nicotine patch for 24 weeks are more likely to stay off cigarettes.

\* NRT also helps those who quit by any method to stay smoke free. In times of stress, nicotine replacement helps.

\* At the cancer-prevention division of Roswell Park Cancer Institute in Buffalo, N.Y., experts say there doesn't appear to be any great harm in using the products for a long term. People are much better off chewing gum or wearing a patch than smoking.

\* The hazards of nicotine pale beside the dangers of smoking, which is the



leading cause of lung cancer and the most preventable cause of cardiac death.

\* About one in five American adults smokes, a rate that has remained virtually unchanged since 2004.

\* Quitters who have heart disease should consult their doctors before using NRT products. Nicotine can elevate heart rates and raise blood pressure.

\* Obtaining nicotine from a gum, lozenge or a patch can reduce the physical symptoms of withdrawal. Quitters are then more likely to overcome longings for the taste of tobacco, the sensation of smoke and various personal rituals.

## Your Teeth Affect Every Aspect Of Your Health

Did you know low-grade dental infections can **affect your heart, brain, and worsen diabetic conditions?** And that all of this can be avoided with proper dental care?

Even insurance companies are recognizing just how significant the smallest oral infections can be, as evidenced by the fact that they are now paying for extra visits for pregnant women.

Why? **Because even low-grade infections can cause low birth weight in babies.** And that translates into tens of thousands or even hundreds of thousands of dollars in medical care. Add the risk of infant mortality, and the threat becomes even greater.

But the risks don't stop with mothers

and infants. Your oral healthcare could be affecting everyone you love and come into regular contact with. How? Whether it's kissing, sharing spoons, sharing food or something else, we now know **people can share up to 70% of the pathogens, or bugs, residing in their teeth.**

And in some cases the effects are severe. Just take one of our recent patients as an example.

**Once a month, he had to undergo blood transfusions** just to keep his hemoglobin levels up. Hemoglobin is the substance in your blood stream that helps carry oxygen. When it is depleted, sufferers often feel lethargic and low on energy because they are not getting enough oxygen to the body's tissues.

And while this particular patient's

condition was chronic, his physicians could not determine a specific cause.

Eventually he found his way to our office and, within a short time, **he no longer needed blood transfusions.**

Even now, nobody can say exactly why this happened, but he's not only getting better, he feels better. So here's the question you should be asking yourself. How much better would you feel if your teeth were in tip-top shape?

To learn how you can get the teeth you want and deserve, **call 858-454-3221 today.**



**Dr. Briscoe**

### Did You Know...

- We gave away two more iPads in April as a reward to the two patients that have sent us three adult family, friends, co-workers or neighbors – Thanks Much!
- For those of you who didn't know, many of you are aware that Madeline's youngest son tied the knot in April – Congratulations Kelland and Kim!
- Dr. Briscoe was interviewed on The Wellness Hour – those interviews can be seen on Channel 4 at 9:30am Tuesday and Thursday. One is on Cosmetic Dentistry and the other is on Sedation Dentistry. Or see them on our website : [www.LaJollaDental.com](http://www.LaJollaDental.com)

### On the Personal Side

We spent Spring Break visiting college campuses. Cal Poly Pomona was our first stop – Matthew is wait-listed there for one of 100 seats in the Architectural School. It is a lovely campus, and Clairmont is a charming little town nearby. Our 2<sup>nd</sup> stop was University of Colorado, Boulder. He has been accepted into the School of Architecture. Boulder is the most beautiful campus any of us had ever seen, and the town is a blast! Matt swam with the school team one of the days we were there. He had a good college workout that day, and found out swimming is a little different at a "Mile-High". Matt's High School team is doing well, and he has won every individual race he has been in and most of the relays.

The month ended with Charlie and Matt at Rotary Work Day – Saturday 4/30/11. Several Rotary groups, including La Jolla Sunrise Rotary, convened at San Pasquel Academy as a huge work force that helped in the fields with their organic crops. A great time, fantastic weather, wonderful food and new friends – and we still got our work done!