



# Filling You In

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## A MOUTHFUL OF HEALTH WITH XYLITOL

Most people like sweet treats. Artificial sweeteners are sometimes recommended in an effort to avoid sugar, but not everyone is comfortable with the idea of chemically-produced sweeteners. Xylitol is a *natural* sugar substitute that tastes like sugar but has about a third fewer calories. It's an excellent sugar substitute for diabetics, having been used as a sweetener since the 1960's. Recently scientists have discovered that xylitol can actually contribute to good dental health with the regular use of gum, mints, and toothpaste that have been sweetened with it.

Chewing gum increases saliva which can wash away food particles. When you can't brush after a meal, chewing sugarless gum sweetened with xylitol can actually suppress the growth of cavity-producing bacteria. These bacteria need sugar to grow -- while acid-causing bacteria feed on sugar and carbs, they cannot rely on xylitol to reproduce. Continued use of xylitol not only inhibits the growth of these organisms but also reduces the amount of bacteria and the formation of dental plaque over time.

In order for xylitol to be effective, it must come in contact with your teeth several times a day for at least six months. The amount of xylitol needed to reduce dental plaque varies according to each study, but in general, it takes about 6-10 grams of xylitol to have an anti-cavity effect. It's recommended that you use xylitol products three to five times per day for up to a year to get results. Some studies show that a long-term xylitol regimen continues to prevent cavities even after the xylitol is discontinued. Xylitol can help eliminate bad breath and remineralize tooth enamel. Research also shows that chewing xylitol gum reduces the incidence of ear infections in small children.

Until recently, most xylitol-containing products could only be found online, but commercial products are starting to catch on. Consumers can find Altoids chewing gum in cinnamon or peppermint, Ice Breakers ICE CUBES gum, Trident with xylitol and Trident Xtra Care gum, as well as Crest MultiCare toothpaste in fresh or cool mint flavors at their local stores. While most products contain 1-2 grams of xylitol per serving, you should check the label to balance your intake. Xylitol is approved by the Food and Drug Administration.

**For the convenience of our patients, our office offers Trident Xtra Care gum and individual xylitol *natural* sugar packets.** Samples are available and we offer both items for sale at a nominal cost.

It may sound like gaining the benefits of xylitol takes a long time, but for most people chewing gum or mints isn't much of a chore. Xylitol is a great sugar substitute for children who are prone to cavities as well as those who have a difficult time taking care of their teeth, including seniors and special needs patients.

## ANNOUNCING... DR. DIAMOND'S DENTAL BLOG

Visit our website: [www.MyDiamondDental.Com](http://www.MyDiamondDental.Com)  
Click on "Our Staff". Then click on "Dr. Diamond's Dental Blog".

Dr. Diamond tries to learn something new everyday. He plans to share interesting dental-related news, as well as occasional non-dental news, from the information that crosses his desk.

Check out "Dr. Diamond's Dental Blog" today!

## CAFFEINE CAUTION!

Energy drinks, advertised for their "keep you going" properties, represent a sneaky threat to our children and adolescents. They are not subject to FDA restrictions and manufacturers have a relatively free hand with the use of herbal supplements and stimulants. They can contain up to 5 times the caffeine of an 8 oz. regular soda, as in the drink SoBe No Fear, which contains 174 mg of caffeine. A 16 oz. energy drink increases the intake and impact of caffeine.



## HOW TOOTH DECAY HAPPENS

Tooth decay is caused by certain types of bacteria that live in your mouth. When they stick to the film on your teeth called dental plaque, they can do damage. The bacteria feed on what you eat, especially sugars (including fruit sugars) and cooked starch (bread, potatoes, rice, pasta, etc.). Within approximately 5 minutes after you eat, or drink, the bacteria begin making acids as they digest your food. Those acids can break into the outer surface of the tooth and melt away some of the minerals. Your saliva can balance the acid attacks if they don't happen very often. However if: 1) your mouth is dry, 2) you have a lot of these bacteria, or 3) you snack frequently; then acid causes loss of tooth minerals. This is the start of tooth decay and leads to cavities.

## RELIEVE STRESS BY UNDERSTANDING YOUR BRAIN

Feeling depressed or emotionally overwrought means your stress is in the right side of your brain, which is the creative, emotional, holistic side. Switch to your matter-of-fact left side of the brain by doing math, writing factual prose or organizing. The emotional right side of the brain will calm down.

If you feel time-stressed and overburdened, the left side of your brain is involved. Switch to the right side of your brain by singing or playing a sport.

*Source: Wellspring Seminars, Newmarket, Ontario, Canada*

*The person who can bring the spirit of laughter  
into a room is indeed blessed.*

Bennett Cerf (1898-1971) Editor and publisher

## BEYOND SLICED BREAD

After about a month of sack lunches, a sandwich on whole-wheat bread starts to look a little tired. Try putting your child's favorite fillings, plus a few new ones on different kinds of bread. Here are some ideas to break up the monotony:

- 1) A corn tortilla with fat-free refried beans and shredded cheddar cheese
- 2) A whole-grain hotdog bun with almond butter and banana (have the child unpeel the banana at school)
- 3) An English muffin with deli-turkey, Colby cheese, and green apple slices

## NO CAVITY CLUB

Congratulations to the following lucky winners:

**June 2009**

**Madison VanLeeuwen  
and  
Veronica Craighead**

*Prizes awarded were:*  
**Gift Cards for Jamba Juice  
and iTunes**

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr. Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

**Congratulations to Martha, Jason  
and Family  
on the birth of:**

Noah Victor Hurley  
Born on August 12, 2009  
Weighing in at 6 lbs. 14 oz.  
19 inches long

Martha is one of our Registered Dental Assistants.

## PED EGG ALERT!

The Ped Egg, an infomercial favorite, should be used with care. Shaped like an egg and resembling a cheese grater, it contains numerous stainless steel microfiles that file away a callus. If you scrape too hard or use it on wet skin you can end up removing healthy skin and risk infection. **Do not use it at all if you have diabetes or circulatory problems.**

*Source: UC Berkeley Wellness Letter, March 2009*