

Your Heart, Your Toothbrush, Your Denture—Even Your Protective Athletic Mouth-guard—Are They Related

Transmission of Disease by Dental Means

Patient Handouts and Bibliography

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WATER INTAKE

Dear Patient:

Your disease process, in part, is due to a lack of water. You must remember that your body is 98% water and that without adequate water intake, the body cannot maintain itself in health. The mouth is an area most subject to the lack of water. Therefore, as part of your treatment, I am asking that you drink at least 1/2 your weight in ounces of water per day. I am also asking that you restrict your caffeine intake and should you drink any caffeinated beverage, that you follow that beverage with at least 8 oz. of additional water. Initially, you may feel somewhat bloated and you may have water retention. If you will continue to drink the water, your body will rectify both of these spontaneously. If you should have any difficulty with your water drinking or any other problems, please do not hesitate to call me at 918-747-4760.

Dr. Tom Glass

MOUTHRINSE

Dear Patient:

The condition in your mouth is, in part, due to an increase in acidity. As part of your treatment, I am asking that you use a baking soda mouth rinse. Simply place $\frac{1}{8}$, $\frac{1}{4}$, or $\frac{1}{2}$ teaspoon of baking soda (Arm and Hammer) into 4-oz. glass (juice glass) of warm water and use this as a mouth rinse (swish and spit) before meals and after meals, mid-morning, mid-afternoon, and before bed. This will keep your mouth fresh, will lessen the acidity, and will aid in your treatment. You can make this mixture in quantity by mixing $\frac{1}{2}$, 1, or 2 teaspoons of baking soda in a 16 oz container. Remember to place the opened box of baking soda in a baggie and evacuate the air or in a sealed container so it does not deteriorate in the environment.

If you cannot use your baking soda rinse, Arm and Hammer also makes a baking soda chewing gum and a baking soda mouth mint (found on the toothpaste aisle). Tums, Maalox, or Roloids can also be substituted, but should be dissolved in the mouth rather than chewed. If you should have any problems, please do not hesitate to call me at 918-747-4760.

Dr. Tom Glass

WATER PIK

Dear Patient:

I am asking you to obtain and use an oral irrigator. The function of the oral irrigator is to flush all areas in your mouth, thus lessening the breeding places for germs. I would ask that you obtain a HYDROFLOSS oral irrigator (which cannot be used with baking soda) or a Water-Pik that will utilize baking soda. If you choose the Water-Pik, simply place 1 teaspoon of baking soda into the water reservoir. Using the lowest settings, flush the areas between the teeth and over the tongue with the irrigator tip. Do this at least twice per day and use ½ to 1 reservoir of water each time. If you are using the Water-Pik, after you have finished flush the system with clear water.

While I am asking you to use the HYDROFLOSS or the Water-Pik, its use does not replace toothbrushing and dental flossing. If you should have any problems, please do not hesitate to call me at 918-747-4760

Dr. Tom Glass

DENTURES, PARTIAL DENTURES, AND OTHER METAL DENTAL APPLIANCES—SOAK

Your denture or appliance is probably infected with a bacteria or yeast (*Candida albicans*). These germs appear to be part of the cause of your mouth symptoms. To effectively treat you, we must also treat your denture. It may also be necessary to have your old denture replaced as part of your treatment. What I will ask you to do is soak your denture in equal parts of Clorox (household bleach), Cascade (dishwasher detergent-powder or liquid), and water. This soaking should completely cover the denture and should continue for at least two hours. The denture should then be removed from this initial soak, rinsed and placed in a counter-soak of equal parts of vinegar (cider or white) and water for one hour. The denture may then be stored in either clear water or baking soda and water for the rest of the evening. If you should have any problems, please do not hesitate to call me at 918-747-4760.

Dr. Tom Glass

TOOTHBRUSH

Dear Patient:

Our research studies have demonstrated that the toothbrush may hold the germs that cause your problems and may reintroduce these germs into your mouth. Therefore, I am asking that you change your toothbrush every two weeks. You should also change your toothbrush at the beginning of any illness and at the end of that same illness. This changing will lessen the chance of the toothbrush re-infecting you.

The bathroom has been found to be the most contaminated room in the house. Your toothbrush and floss should be stored in a protected and dry environment such as the PRUEBRUSH toothbrush sanitizer. If you are storing your toothbrush and floss in the open air, store both of them in your bedroom instead of your bathroom, which will allow them to dry. If the toothbrush and floss are stored in the bathroom, they should be stored away from the shower and toilet area, in a drawer.

While you are in therapy, I would ask that you use a baking soda solution as your toothpaste or use small tubes of toothpaste that are for your use only. This will lessen the chance of your transmitting your germs to other family members or the reverse.

If you should have any problems please do not hesitate to call me at 918-747-4760.

Dr. Tom Glass

CAFFEINE SOURCES

<u>Food</u>	<u>12 Ounces</u>
Coca-Cola	64.7 mg.
Dr. Pepper	60.9 mg.
Mellow Yellow	52.8 mg.
Diet Dr. Pepper	54.2 mg.
Tab	49.4 mg.
Pepsi-Cola	43.1 mg.
Diet Pepsi/ Pepsi Lite	36.0 mg.
RC Cola	33.7 mg.
Diet RC	33.0 mg.
Diet-Rite	31.7 mg.
Coffee	<u>per serving</u>
Instant	66.0 mg.
Percolated	110.0 mg.
Drip	146.0 mg.
Tea	
Black tea (5 minute brew)	46.0 mg.
Black tea (1 minute brew)	28.0 mg.
Tea (loose)	
Black (6 minute brew)	40.0 mg.
Green (5 minute brew)	35.0 mg.
Cocoa	13.0mg.

<u>Drugs</u>	
Anacin	32.0 mg.
Dexatrim	200.0 mg.
Empirin	32.0 mg.
Excedrin	65.0 mg.
Midol	32.4 mg.
No Doz	100.0 mg.
Triaminicin	30.0 mg.
Vanquish	33.0 mg.

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