Eat (and drink) your way to a whiter smile

Stars like Jessica Alba and Scarlett Johansson need killer smiles for their livelihood, but brighter smile can do wonders for confidence. Plus, surveys reveal that people notice about others is their smile, and as that old saw goes, you only get one chance to make a first impression.

Dr. Timothy Chase, a 15-year veteran of cosmetic dentistry in New York City says white teeth and healthy gums can take 10 years off your appearance. And while professional dental products work best for whitening, what you eat and don’t eat can play a huge role in how white your teeth are. It seems certain fruits, vegetables and other foods can aid in your quest for whiter teeth. Here’s what you should know about the white smile diet.

The crunch factor
Apples, cauliflower, celery and carrots work to whiten because they function as an abrasive scrub for teeth. These foods are nature’s toothbrush. They also stimulate the production of saliva, which helps keep plaque from forming. Stain sticks to plaque.

Orange ya glad?
The acid in oranges and pineapples may whiten and brighten the surface of the teeth. The acid also contains enzymes that kill bacteria that cause tooth decay and bad breath. “Saliva is the body’s wonder fluid,” says Dr. Chase, and eating juicy citrus increases saliva production that washes away foods that stain like coffee, soda and red wine.

Strawberry patch
Strawberries contain an enzyme called malic acid that can whiten teeth. Munch berries several times a week to naturally whiten chompers.

Pass the cheese, please
Dairy products such as yogurt, milk and hard cheeses like cheddar contain lactic acid, which may help protect teeth against decay. Researchers think proteins in yogurt may bind to teeth and prevent them from attack by harmful acids that cause cavities. Dairy is also loaded with calcium, which guards and strengthens bone that holds teeth in place. Plus, chewing hard cheese creates saliva that hard cheese creates saliva that helps keep plaque from forming.

Stain sticks to plaque
Coffee, soda and red wine.

University of Sharjah

&

Emirates Medical Association

3rd Sharjah Dental College

&

16th EMA International Dental Conference

Clinical Excellence in Dentistry:

Current Concepts and Controversies

7th – 9th of December 2011

The conference will be revisiting holistic quality care in dentistry by exploring their solutions based on global best practices, with emphasis on evidence-based clinical practices.

Conference topics:
- Esthetic Dentistry
- Implantology
- Pediatric Dentistry
- Periodontology
- Endodontics
- Laser Dentistry
- Oral Medicine and Special Needs Dentistry

Pre conference workshops:
- Dental Implantology
- Laser Dentistry
- Cosmetic Dentistry
- Emergency in Dental Practice

Poster Presentation and Dental Research Competition:
The conference welcomes research posters from students, scientists and dentists across all disciplines of basic and clinical sciences. The research competition will run in two categories:

- The Young Dental Scientist Award
- The Dental Student Award

Kindly send your structured abstract of not more than 300 words to the conference secretariat.

Who should attend?
Dental practitioners from the public and private sectors, academicians, dental leaders and administrators, dental hygienist, technologist, nurses and students.

For further information:
Emirates Medical Association. Dubai, United Arab Emirates. PO Box 6600
Tel: +971-4-3377377 Fax: +971-4-3344082 / 3355083
E-mail: dental@ema.ae
www.ema.ae, www.sharjah.ac.ae

3Shape has won Ernst & Young’s Entrepreneur of the Year in the Innovation category in Denmark three times. This prestigious award recognises innovation, leadership, state-of-the-art products, an international network and a clear strategy to pursue continuous growth.

Today, 3Shape’s development team consists of more than 100 developers of 22 different nationalities, with a least 50 PhDs amongst them. All their products and solutions are born from the union of cutting-edge technology with the latest trends in the industry and the markets. 3Shape product managers and key developers have regular meetings with distribution partners around the world to keep each product at the top of its class. During the life cycle, the products are developed in close collaboration with partners who understand and continue to gather the needs of their customers and the market.

But even with ten years of outstanding dentistry, 3Shape never stops looking ahead. The company believes that the age of digitally printed dental practices.

3Shape is a privately held company headquartered in Copenhagen and boasts the largest team dedicated to scanner and software development for the dental industry. It is based in Denmark and Ukraine, has production facilities in Poland, and support offices in the US and China. Customer support service branches are located in Copenhagen, New Jersey (USA) and Shanghai (China), thus virtually covering every time zone. The very close collaboration between customers and the development team allows for an unprecedented level of efficiency in responding to partners’ requests for assistance, which is typically available in 12 of the world’s major languages. For more information about the company please visit www.3shape.com.
Lollipops May Reduce Tooth Decay

A recent study, published by the European Academy of Pediatric Dentistry, demonstrated that sugar-free lollipops containing licorice root extract significantly reduced the bacteria that causes tooth decay, specifically in pre-school children with high-risk of tooth decay.

The study, funded by the Research and Data Institute of the affiliated companies of Delta Dental of Michigan, Ohio, Indiana, Tennessee, Kentucky, New Mexico and North Carolina, analyzed 66 preschool students ages 2 to 5 enrolled in the Greater Lansing Area Head Start Program. Each student received a lollipop for 10 minutes twice daily for three weeks.

“Dental decay is one of the most common childhood diseases with more than half of children ages 5 to 17 having had at least one cavity or filling,” said Jed J. Jacobson, D.D.S., M.S., M.P.H., chief science officer at Delta Dental. “We are working to find simple, effective regimens that will encourage prevention and control of dental disease. While the results of this pilot clinical trial are encouraging, more research is needed to confirm these early findings.”

Results showed a significant reduction in Streptococcus mutans (S. mutans), the primary bacteria responsible for tooth decay, during the three-week period when the lollipops were being used and lasting for an additional 22 days before beginning to rebound.

Using a saliva test, the amount of S. mutans in the patient’s mouth was measured before and during the three-week period where lollipops were used, as well as for several weeks thereafter.

“The use of the licorice root lollipops is an ideal approach as it will stop the transfer and implantation of the bacteria that cause dental decay from mothers to their infants and toddlers,” said Martin Curzon, editor-in-chief, European Academy of Pediatric Dentistry. “It also has the merit of being a low cost-high impact public dental health measure.”

The lollipops, manufactured by Dr. John’s Candies of Grand Rapids, Mich., were developed using FDA-approved materials by Dr. Wenyuan Shi, a microbiologist at the University of California Los Angeles (UCLA), and C3 Jian, Inc., a research and development company in California. The orange-flavored, sugarless lollipops contain extract of licorice root (Glycyrrhiza uralensis), which targets and is thought to kill the primary bacteria (Streptococcus mutans or S. mutans) responsible for tooth decay.