



“FILLING” YOU IN

Oral Effects of Herbal Supplements

The use of herbal supplements by the American public as non-prescription therapeutic or preventive products has increased steadily in the last two decades. Many consumers, however, are unaware of the potential adverse effects of these substances, and do not reveal the use of herbal supplements to their health-care providers. Modifications to your dental treatment may be necessary if certain supplements are used.

[More Details](#)

Dental Manifestations of the Vegetarian Diet

Vegetarians who avoid eating foods of animal origin may have a higher risk of periodontal disease and tooth decay because of a deficiency in many key vitamins and minerals.

[More Details](#)

Cavity Free Kids

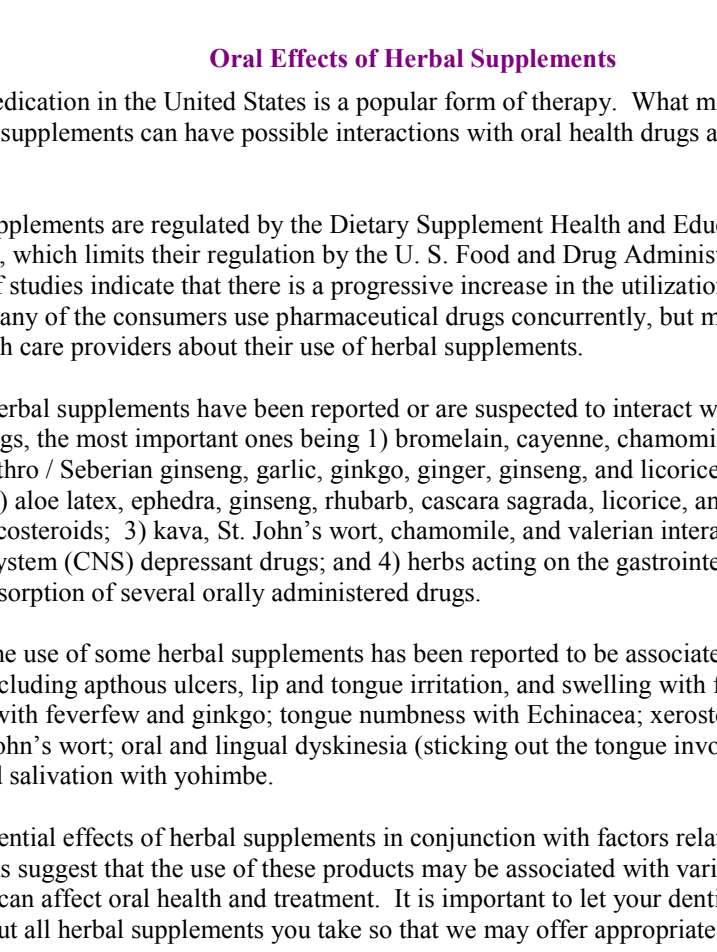
All kids 12 years of age and younger who are cavity free at their dental hygiene appointments now get to enter their name into a monthly drawing for a \$20 gift card to Toys & Co. At the end of the month, a name is randomly selected and in addition to the gift card, the winner's photo is placed on the cavity free board in our reception area for an entire month. All other cavity free kids have their name listed on the board as well. Congratulations to all of our Cavity Free Kids. Keep on brushing and flossing ...Because a Smile Lasts a Lifetime!

[More Details](#)

From Our Family to Yours

A new and smiling face in the office. Meet Ann Crites, RDH.

[More Details](#)



Questions or comments, e-mail us at: sellars3@bellsouth.net or call us at 336-286-9897

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Newsletter Spotlight

- Herbal Supplements and Oral Health
- Dental Manifestations of a Vegetarian Diet
- Cavity Free Kids
- From Our Family To Yours.

Oral Effects of Herbal Supplements

Herbal medication in the United States is a popular form of therapy. What many don't know is that these supplements can have possible interactions with oral health drugs and other oral manifestations.

Herbal supplements are regulated by the Dietary Supplement Health and Education Act (DSHEA), which limits their regulation by the U. S. Food and Drug Administration (FDA). A number of studies indicate that there is a progressive increase in the utilization of herbal supplements. Many of the consumers use pharmaceutical drugs concurrently, but most do not inform their health care providers about their use of herbal supplements.

Various herbal supplements have been reported or are suspected to interact with certain oral health drugs, the most important ones being 1) bromelain, cayenne, chamomile, feverfew, dong quai, eleuthero / Siberian ginseng, garlic, ginkgo, ginger, ginseng, and licorice interacting with aspirin; 2) aloe latex, ephedra, ginseng, rhubarb, cascara sagrada, licorice, and senna interacting with corticosteroids; 3) kava, St. John's wort, chamomile, and valerian interacting with central nervous system (CNS) depressant drugs; and 4) herbs acting on the gastrointestinal system, altering the absorption of several orally administered drugs.

Further, the use of some herbal supplements has been reported to be associated with oral manifestations, including aphthous ulcers, lip and tongue irritation, and swelling with feverfew; gingival bleeding with feverfew and ginkgo; tongue numbness with Echinacea; xerostomia (dry mouth) with St. John's wort; oral and lingual dyskinesia (sticking out the tongue involuntarily) with kava;; and salivation with yohimbe.

These potential effects of herbal supplements in conjunction with factors related to regulation restrictions suggest that the use of these products may be associated with various adverse reactions that can affect oral health and treatment. It is important to let your dentist and physician know about all herbal supplements you take so that we may offer appropriate oral health care

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Dental Manifestations of the Vegetarian Diet

Health concerns about fat and cholesterol have prompted many people to become vegetarians, and the nutritional deficiencies that can sometimes result may reveal themselves during dental exams.

Most adult vegetarians are very knowledgeable about nutrition and maintain their diets in a proper fashion. Children, however, need a well-balanced and nutritionally complete diet for proper growth, and the potential for deficiencies is greatest among children and teenagers who put themselves on vegetarian diets without knowing enough about their nutritional needs.

Although vegetarian diets vary, some vegetarians, particularly those who do not consume any food of animal origin, can experience deficiencies in calcium, vitamin D, riboflavin, vitamin B₁₂, or complete proteins. An adult on a vegetarian diet for a prolonged period can increase their risk for dental problems from lack of vitamin D and calcium.

Teeth may soften when there is a shortage of vitamin D, becoming more susceptible to decay and periodontal (gum) disease. Vitamin D is produced in the body with sun exposure, so deficiencies are rare, but it can develop in those who do not consume milk or fish. Adding vegetable margarines or soy milk to the diet may solve the problem.

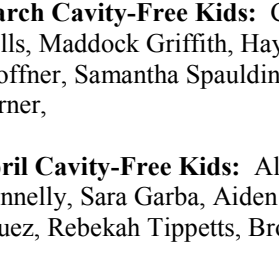
Studies show that by eating the right amount of fruits, vegetables, grains and legumes, we can get the nutrients we need. It would be beneficial for anyone considering adopting a vegetarian diet to seek counseling from a nutritionist to learn about substituting foods to get all the necessary nutrients. A daily multiple vitamin is also recommended.

Diet is an important part of an individual's medical history, and patients should always inform their dentist if they adhere to vegetarian or other special diets.

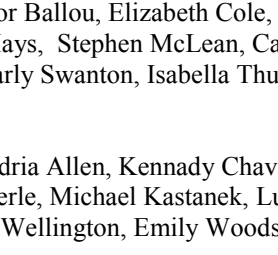
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Cavity Free Kids

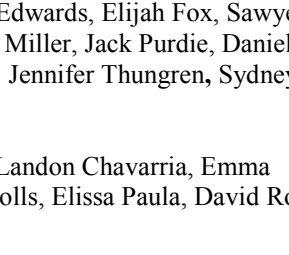
Cavity Free Kid Monthly Winners:



Shane Mays
March



Lindsey Miller
April



Trey Jackson
May

March Cavity-Free Kids: Connor Ballou, Elizabeth Cole, Eden Edwards, Elijah Fox, Sawyer Kolls, Maddock Griffith, Hayle Mays, Stephen McLean, Caroline Miller, Jack Purdie, Daniel Shoffner, Samantha Spaulding, Carly Swanton, Isabella Thungren, Jennifer Thungren, Sydney Turner,

April Cavity-Free Kids: Alexandria Allen, Kennady Chavarria, Landon Chavarria, Emma Donnelly, Sara Garba, Aiden Heberle, Michael Kastanek, Lucas Kolls, Elissa Paula, David Rodriguez, Rebekah Tippetts, Brooke Wellington, Emily Woods.

May Cavity-Free Kids: Jacob Breeden, Jack Chaney, Anna Copple, Lucas Cory, Nathan Cory, Hannah Dallas, Jacob Dallas, Ian Donnelly, Peyton Gray, Trey Jackson, Isabella McNeil, Ben Register, Leah Register, Manuel Rodriguez.

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From Our Family to Yours



Ann Crites, RDH

watching movies, and learning new things, such as how to play the piano, ballroom dance, and speak German. Please welcome Ann to our practice!

Hygienist Amy Scott is also continuing with her studies to obtain her Bachelor of Science in Health Promotion at Appalachian State University. In December, she was inducted into the Gamma Beta Phi Scholastic Honor Society. Congratulations, Amy!



Amy Scott, CDA, RDH

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