

Smoke Or Vape? Tips For Keeping Your Smile Healthy

As your dental team, our commitment is to provide skilled, respectful care to every patient. In addition to our gentle touch, we are also known for being a "lecture-free" dental office.



For patients who are smokers, whether tobacco, marijuana or through vaping, our desire is to help support each with proper at-home hygiene between dental visits. This can minimize the potential for damage and prevent worsening or new problems.

Although we do not judge or lecture, we find that many people are unaware of what occurs in the mouth from inhaled smoke. Knowing the repercussions and risks enables you to take proactive measures. The ultimate goal is to reduce potential time and expenses to treat those that may arise.

Your smile and traditional cigarettes

Smokers have bad breath more often, discolored teeth, and slower healing after procedures such as extractions and implant placement. They also have higher levels of plaque (the sticky, bacterial film that coats teeth and gums).

Smoking has a drying effect on soft tissues in the mouth, leaving saliva flow insufficient to rinse away oral bacteria. As bacteria multiply, gum tissues become inflamed.

Early stage gum disease causes frequent bad breath, tender and swollen gums, and gums that bleed easily when brushing teeth. As it worsens, inflammation causes sore, spongy gums that loosen their grip around teeth. Eventually, some teeth may require removal.

Your smile and electronic cigarettes (e-cigs)

The habit of "vaping" (initially hailed as a "healthier" option to cigarettes) is no friend to your oral health. Although people think of the lungs when they "vape," it is the mouth that has first contact with the mist. With each inhale, the soft tissues that line the mouth, absorbent by nature, are the initial receptors for the chemical mix.

The vapor holds a mist of nicotine, formaldehyde, and other chemicals. Although the components of tar are

Could Psoriasis Be Related To Gum Disease?

Psoriasis is a chronic disease that affects the skin. This condition causes the life cycle of skin cells to accelerate beyond normal. Cells build up rapidly on the skin's surface, forming scales and red patches that are often itchy and sometimes painful.



Its cause isn't fully understood, but seems to relate to the immune system turning on itself. Now, findings are indicating that psoriasis increases the likelihood of gum disease, and vice versa.

For example, a 2013 study found that people with psoriatic arthritis were more likely to have severe gum problems.

Other studies have shown that people with periodontitis (advanced gum disease) are nearly 1.5 times more likely to develop psoriasis than people with healthy gums.

The connection appears to begin with certain proteins the body starts to recognize and the immune system's response. Since there is a continual inflammatory presence in diseased gum tissues, it is suspected this bacterial source could be a contributing factor.

If you have psoriasis, take extra steps to maintain good dental care. This includes daily flossing and twice daily brushing to minimize inflammation from gum disease.

absent, the remaining chemicals are harmful. Besides the oral dryness caused by nicotine, e-cigarette aerosol can contain cancer-causing chemicals and tiny particles that reach deep into lungs. Vaping poses an increased risk of infection, inflammation, gum disease, and higher risk of cancer.

Your smile and marijuana

Whether for medical reasons or recreational use, researchers have found that using cannabis daily for at least 12 months causes higher levels of gum disease. While it is widely known that the harmful chemicals of cigarette smoke are harmful to soft tissues in the mouth, the higher risk for developing gum disease should be acknowledged by cannabis users.

For ALL patients, it is important to be aware of the signs and symptoms of gum disease. Not only is gum disease

COMMUNITY EVENT SPONSORSHIP

Shelby Township Parks & Recreation will be hosting its annual **Easter Egg Scramble** on Saturday, April 4th. We are a proud sponsor of this fun event! Have your 12 & under kids grab a basket and come join the fun!

ACCEPTING NEW PATIENTS – ALWAYS!

We are blessed with a terrific “family” of patients. We are always happy to welcome new smiles as a result of your kind recommendations. **Thank you!**

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the leading cause of adult tooth loss, the bacteria of periodontal disease are linked to serious health problems. These include heart disease, stroke, memory loss, preterm babies, some cancers, impotency, diabetes and arthritis.

As research continues, a growing number of health problems are showing correlations to the potent bacteria, including Alzheimer’s disease and even psoriasis.

Healthy mouth, healthy body?

It is known that the linings in your mouth are important to your overall health. Oral tissues are the body’s first line of defense against microbial infection, actually shielding us from dangerous micro-organisms that live in the mouth. By keeping oral bacteria levels under control, you can support the body’s defense system.

Here, your care is tailored according to specific needs without lectures or judgement, just a supportive team who want you to enjoy terrific smiles for a lifetime!

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