

## A Call for Authors:

OK. This is the fun part of this month's newsletter. I am writing a book and you can help. The title for the book is **Pet Peeves** and will be a compilation of all of those little things that drive us totally nuts each and every day but in reality are more nuisances than anything else. The slow driver in the fast lane, the deli clerk wearing one glove, poor umbrella etiquette etc. I think you get the idea. The funnier the better...



If you, or anyone you know, has one or more Pet Peeves, please email them to me at [drg@ganzdental.com](mailto:drg@ganzdental.com) or mail them to my office. If they are used in the book, you will be listed as an author. My goal is to get this book published and then to see if we can **all** get a guest appearance on Oprah or Ellen. Wouldn't that be a kick?

So start thinking and start writing down all of the annoying things that happen each and every day and send them to me **NOW!** I look forward to hearing from you soon.

**We welcome the referral of your families, friends and business associates.**  
**Please ask them to mention your name when they call.**



**Happy St.  
Patrick's Day**



## **Your latest Issue of The Handz of Ganz**



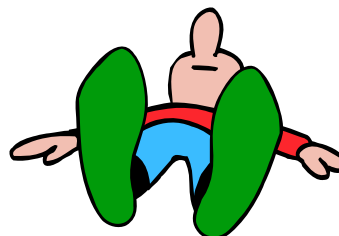
### Last Month's Riddle:

1. Where do animals go when they lose their tails? Answer - **A Re-Tail Store**
2. Who designed Noah's ark? Answer - **An Ark-iTect**
3. What happened when the centipede broke all his feet? Answer - **He Didn't Have a Leg to Stand On!**



### This Month's Riddles:

When a man faints, what number will restore him?



**Good Luck! If you think you know the answer to this riddle, give us a call right away! Hey, 'ya never know!**



# The Handz of Ganz

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## From Dr. Ganz

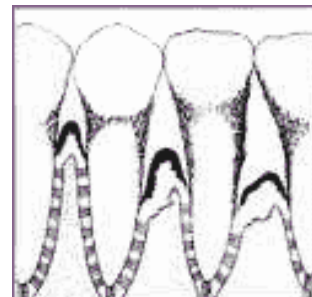
This month's issue of *The Handz of Ganz* will be devoted to two totally diverse subjects. The first is a brief discussion of the latest information regarding Periodontal Disease as it relates to other conditions in the human body. The second topic will be a much lighter discussion about a new project I am embarking upon that may be of interest to some of you. So please take a look at page two.

## What's New in Periodontal Disease

*Dr. Cary Ganz, Family and Staff*

For many years now dentists have been somewhat complaisant about the twice a year "cleaning". In reality this concept was developed by the toothpaste industry as a means of promoting the use of toothpaste in a program of oral hygiene. But, now we know better. Over the past year or so a significant amount of scientific evidence has emerged linking Periodontal Disease to such other maladies as heart disease, diabetes and even pancreatic cancer.

In a research article entitled, Dental disease and risk of coronary heart disease and mortality, the authors DeStefano F, and RF, Kahn HS, Williamson DF and Russell CM from the Department of Epidemiology and Biostatistics, Marshfield Medical Research Foundation found that among all 9760 subjects included in the analysis those with periodontitis (moderate gum disease) had a **25%** increased risk of coronary heart disease relative to those with minimal periodontal disease. Poor oral hygiene, determined by the extent of dental debris and calculus, was also associated with an increased incidence of coronary heart disease. In men younger than 50 years at baseline periodontal disease was a stronger risk factor for coronary heart disease. Both periodontal disease and poor oral hygiene showed stronger associations with total mortality than with coronary heart disease. **CONCLUSION**—Dental disease is associated with an increased risk of coronary heart disease, particularly in young men. Whether this is a causal association is unclear. Dental health may be a more general indicator of personal hygiene and possibly health care practices.



A study in the November issue of the *Journal of Periodontology* found that poorly controlled type 2 diabetic patients are more likely to develop periodontal disease than well-controlled diabetics are.

Research has emerged that suggests that the relationship between periodontal disease and diabetes goes both ways - periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Severe periodontal disease can increase blood sugar, contributing to increased periods of time when the body functions with a high blood sugar. This puts diabetics at increased risk for diabetic complications. Thus, diabetics who have periodontal disease should be treated to eliminate the periodontal infection.

This recommendation is supported by a study reported in the *Journal of Periodontology* in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved.

Your health is in your hands! We're here to help in any way we can. Please give us a call **TODAY!**  
**We're Looking for New Patients JUST LIKE YOU! Your referrals are ALWAYS Welcome!**

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