

HEALTH

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FOR YOUR HEALTH

GateHouse News Service

Food-borne outbreaks grow

Food-borne disease outbreaks caused by imported food appeared to rise in 2009 and 2010, and nearly half the outbreaks implicated foods imported from areas that previously had not been associated with outbreaks.

From 2005 to 2010, 39 outbreaks and 2,348 illnesses were linked to imported food from 15 countries. Nearly 45 percent of the imported foods causing outbreaks came from Asia.

— Centers for Disease Control and Prevention

Skip the popcorn bag

Popcorn offers whole grain, fiber and antioxidants. But a recent study shows chemicals used in the lining of popcorn bags — perfluorooctanoic acid, used in making Teflon, pizza boxes and other materials — can be absorbed by the popcorn and cause liver, testicular and pancreatic cancer in animals.

— AARP.org

Teen drivers need driver's ed

Inexperience is a main factor contributing to high crash rates for teen drivers. Formal driver education programs, including behind-the-wheel training with adult supervision, can help new drivers gain the experience needed to remain safe.

But driver education requirements vary state by state. A recent study found 78.8 percent of public high school students with driver's licenses reported participating in a formal driver education program.

However, in states without a driver education requirement, more than one in three students received no formal driver education before getting their licenses. In addition, more than half reported having no formal behind-the-wheel training.

— American Academy of Pediatrics

Why put weight on the Web?

Fitbit has unveiled the Aria Smart Scale — a Wi-Fi-enabled device that lets users weigh themselves and automatically publish the results online, where they can be viewed by anyone.

Some might be more motivated to hit the gym if they knew their weight was being broadcast on the Web. Others might see it as embarrassing.

The purpose of the Wi-Fi scale is not to announce your weight to the world but, rather, to send the data to Fitbit's website, where it will be incorporated into charts and graphs to help you track your weight-loss goals. You can make this information public, but the default setting is to keep it private.

The Aria Smart Scale also measures body mass index and percentage of body fat. It can be ordered online at Fitbit.com for \$129.95.

— McClatchy-Tribune News Service



Titanium posts are surgically implanted within the jawbone during dental implant procedures. The teeth are then attached to posts on the implants. TED SCHURTER/THE STATE JOURNAL-REGISTER

Permanent teeth

Implants can be a solution for difficult dentures

BY CAROL SPONAGLE
CORRESPONDENT

Jim Cribbett of Riverton had dentures since he was 25 years old.

By the time the retired program analyst and National Guard assistant fire chief was 64, he was tired of worrying about his lower dentures.

"Lowers just do not stay in," Cribbett says — a complaint common among people who wear dentures.

Eating certain foods — such as crunchy apples — can be difficult with dentures. Then there's the worry they will slip in public.

Cribbett opted for a relatively new procedure to solve these problems: a surgical procedure called dental implants.

Dentists started using implants around 1965 — and the popularity and advancement of the technology continues to increase.

Most people will lose adult teeth during their lifetime. In the U.S., about 69 percent of adults ages 35 to 44 have lost at least one permanent tooth because of an accident, a failed root canal, tooth decay or gum disease. By age 74, at least 26 percent of adults have lost permanent teeth.

According to the American Association of Oral and Maxillofacial Surgeons, dental implants are almost always the best option for replacing them. In the past, replacements included removable dentures that rest on the gum line or fixed bridges anchored to adjacent teeth. But with dental implants, teeth are surgically implanted in the gums, giving replacement teeth a more natural feel and appearance.

In addition to looking and feeling more like natural teeth, dental implants last longer than fixed bridges and removable dentures, which last about 15 years. Implants are a permanent solution to missing teeth.

One of the biggest benefits of implants is the prevention of bone deterioration.

Dr. Matt VanderMolen, owner of Advanced Dental Care in Springfield, says tooth loss can lead to deterioration of the jawbone.

"If you've ever had dentures that move around, it's well worth the price."

— Jim Cribbett

"It literally melts away," he says. "... Implants fool the body into thinking there's teeth in there, so it preserves the bone."

Preserving facial bones makes a huge difference in a person's physical appearance, VanderMolen says, so opting for dental implants over partials and regular dentures can boost self-esteem.

Though implants are frequently the best option for tooth replacement, VanderMolen says they are expensive.

Cribbett says he is happy with his implants. "If you've ever had dentures that move around, it's well worth the price," he said.

The procedure

■ A dental implant placement team — most often an oral and maxillofacial surgeon, restorative dentist and surgical care staff — decides the best solution for tooth replacement. Options can range from replacement of one or more teeth, replacement of a top or bottom row, or full replacement.

■ During surgery, tiny titanium posts are surgically implanted within the jawbone as anchors for the implants. Patients wear temporary teeth and eat a soft diet while the implants bond to the jawbone (two to six months).

■ As patients recover from the surgical procedure, the jawbone slowly begins to bond with the titanium (a process called osseointegration), creating an anchor for new teeth.

■ Implants are attached to small post anchors.

■ New teeth are attached to posts. Benefits include a natural-looking smile, preservation of the jawbone, keeping facial structure intact, the convenience of not having to replace partials at night, and more chewing strength than dentures offer.

We've come a long way

Concerned about getting dental implant surgery? While few surgeries can be described as fun, replacing teeth in the old days was a bit more ... primitive.

According to GreatImplantDentist.com, ancient Egyptians replaced teeth by shaping seashells and hammering them into the gums. Animal bones and ivory were also used.

If you lost a tooth in the 1700s, donor teeth were inserted. That didn't work too well — a person's immune system often rejected the teeth from a friend, Roman or countryman (but you could still lend an ear).

Gold and platinum gained favor in the 1800s, but, again, long-term success was rare (despite what pirate lore might tell you). In 1952, a Swedish doctor accidentally discovered that titanium can bond irreversibly with living bone tissue. Thirteen years later, the process of implanting titanium in bone for the purpose of rooting prosthetic teeth began.

Implants performed per dentist really took off in the mid-1990s. An American Dental Association survey showed the number of implants performed per dentist nearly doubled between 1995 and 2002.

Just 20 minutes of intense exercise has lots of benefits

BY LESLIE BARKER GARCIA
THE DALLAS MORNING NEWS

DALLAS — Think about your day. Can you unearth a spare 20 minutes? They may be masquerading as Internet-surfing or lurking within the commercials-skipped sitcom you record and watch every evening.

Though most health recommendations are for a half-hour workout daily, a concentrated 20 minutes can suffice quite nicely.

"Do as much as you can in that 20 minutes," says Jakob Vingren, assistant professor in the department of kinesiology, health promotion and

recreation at the University of North Texas. "Get as much work done as possible in the allotted time."

At McMaster University in Hamilton, Ontario, researchers studied the effect that intervals — short bursts of intense exercise — had on various groups of people. They found that a 20-minute workout consisting of one minute of strenuous activity alternated with a minute of easy recovery, had significant health and fitness effects on unfit volunteers, cardiac patients and, in later research, diabetics.

"There's a lot of benefit in

20 minutes if done the right way," says Bobby Patten, co-founder and head coach of Dallas Aquatic Masters. "If you go for a leisurely walk for 20 minutes, that's better than sitting. If you upped the intensity, it's better than a stroll. If you walked up and down hills, that's even better."

The brevity is good from a convenience standpoint, though, and breaking the time into pieces helps it pass even more quickly, says Craig Leverette, academic chair professor of physical



Kristin Moses of Body Bar fitness studio in Dallas, shows the technique for a lunge as part of a 20-minute workout.

MICHAEL AINSWORTH/DALLAS MORNING NEWS

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