

July 2018



Resilience Tip

Go For It!



Health Topic

Dental Health

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Food Tip

The importance of Vitamin B in your diet

Dental Health

- The prevalence of false teeth has decreased dramatically among New Zealand adults since 1976, and adults are retaining more of their natural teeth into older age.
- However compared with Australian adults, New Zealanders had poorer oral health and were also less likely to have visited a dental professional in the previous year.
- The majority of adults usually used oral health services when they had a dental problem, rather than visiting for routine check-ups. People who visited only for a dental problem had significantly worse oral health than regular users.
- Which is probably why dental decay remains the most prevalent chronic (and irreversible) disease in New Zealand.

Dental Health vs Systemic Health

- Approximately 90% of systemic diseases have links to oral health
- People who have periodontal (gum) disease double their risk of having a fatal heart attack
- Infection in the mouth increases risk of respiratory infection
- Diabetics with gum disease have increased problems controlling their blood sugar levels

Oral (Mouth) Health

The two main diseases which affect oral health are:

- **Dental caries (tooth decay)**, wherein bacterial processes that demineralise tooth surfaces result in cavities or holes in the teeth;
- **Periodontal (gum) disease**, wherein inflammatory responses to bacterial biofilm along the gum line result in damage to the tissues and bones that surround and anchor teeth.



STOP BEING
AFRAID OF
WHAT COULD
GO WRONG AND
START BEING
EXCITED ABOUT
WHAT COULD
GO RIGHT.

Upcoming events



The importance of Vitamin B in your diet

There are 11 vitamins that make up the B Vitamin Group. They help to reduce heart disease and stroke, aide in stress relief, help to alleviate depression, help the nervous system and help to break down carbohydrates

FOODS RICH IN VITAMIN B INCLUDE:

- Eggs - but only if you eat the yolk
- Liver is one of the best sources of B vitamins (it is also rich in iron and vitamin A.
- Brewers Yeast. One tablespoon provides 100 per cent of your daily intake of vitamins B12 and B5, as well as 50 per cent of other B vitamins
- Lentils ,Split Peas, Black Beans, Soya Beans
- Spinach, collard greens (cabbage family)
- Mushrooms (also studies have shown that if you hold mushrooms up to UV light their Vit D content will increase)
- Salmon
- Pine Nuts and sunflower seeds



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