



## a healthy mouth can mean a healthy body for baby boomers

A recent study from the *Journal of the National Cancer Institute (JNCI)* adds to the growing body of evidence that demonstrates the impact of oral health on overall health. This research has shown that poor oral health can lead to a variety of health problems, including cardiovascular disease, diabetes and even cancer. One of the biggest detriments to oral health is tooth loss – the *JNCI* study showed an increased risk of pancreatic cancer in individuals who had experienced tooth loss.

Baby Boomers were the first generation to grow up with standard tooth brushing guidelines. To help Baby Boomers fulfill their desire to preserve both their natural teeth and optimal health, the American Association of Endodontists, the root canal specialists, offers the following tips:

**GET OVER YOUR FEARS** A survey conducted by the National Center for Health Statistics found that 60 percent of Baby Boomers saw their dentist at least once in the past year. However, many avoid certain dental procedures, such as root canals, out of anxiety or fear of pain. In reality, root canal treatment is virtually painless and actually helps relieve dental pain. In addition to routine checkups, it is important to undergo all recommended treatments to address oral health concerns that, if left untreated, can lead to tooth loss and other complications.

**TALK TO YOUR DENTIST** It is important to mention any significant changes in the appearance or condition of your mouth to your dentist, since this could signify a larger issue. Changes to look for include:

- sensitivity to hot or cold foods
- pain when biting down on food
- pain, pressure or swelling of the gums
- sensitivity to touch

**STANDING CALF RAISES:** AVOID USING YOUR ARMS TO HELP MOVE THE SLED UPWARDS; LET YOUR CALVES DO ALL THE WORK.

**QUICK TRAINING TIPS**

Make your natural teeth a priority. When a tooth becomes infected, it should be preserved with a root canal if possible. Undergoing a root canal treatment saves the natural tooth, helping safeguard tooth function and avoid future health complications. Root canals save more than 17 million teeth a year.



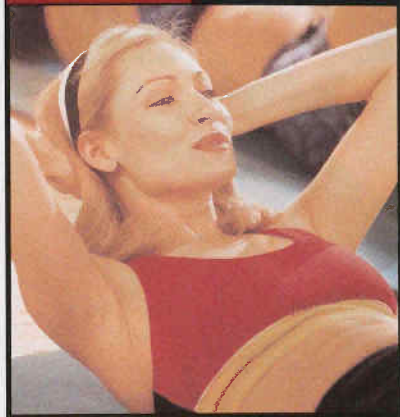
### cut the food, not the stomach!

Bariatric surgery – the operation that cuts the stomach down in size and reroutes the intestinal track, has been growing tremendously in popularity. Now some doctors are starting to look at the procedure as a tool to fight diabetes. Some of the top names in the treatment of diabetes are even viewing this approach as an incredible maneuver to overcome diabetes without medicine. Indeed?

There is another tool that induces long-term remission, and it is called diet and exercise. Bariatric surgery is a relatively new procedure and can have serious complications. As with any new medical technique, time will reveal whether or not the initial hype is accurate or not. However, there is no doubt that exercise and a nutritious diet are beneficial in the war on diabetes, and the only side effect is a better looking body.

Every year over 97 percent of your body is completely replaced, even the structure of the DNA of your genes, reconstructed entirely from the nutrients you eat.

### ONFITNESS TRAINING TIP



### sit-up burner

Next time you do sit-ups on the floor, with your legs bent (or straight, depending on your conditioning level), make a point to lower back down with a 5-count before coming back up for the next rep. Count 1-2-3-4-5 as you lower your back towards the floor. And don't rush the counting.

PHYSICIANS REALIZE THAT THERE IS ABSOLUTELY NO REASON THAT WE CANNOT LIVE TO BE 90, 100, 110, AND PERHAPS EVEN TO OUR MAXIMUM LIFE SPAN OF 120 IN STRONG, HEALTHY BODIES.

### BEST ADVICE MY PERSONAL TRAINER EVER GAVE ME:

"Change up your workouts. You need to shock or surprise your body. It gets used to the same weight routine all of the time and it is not as effective."

—STEFANIE PHILLIPS, 30, PUBLIC RELATIONS ACCOUNT SUPERVISOR, TAMPA, FLA

trivia

Tequila is made from the root of the blue agave cactus.