



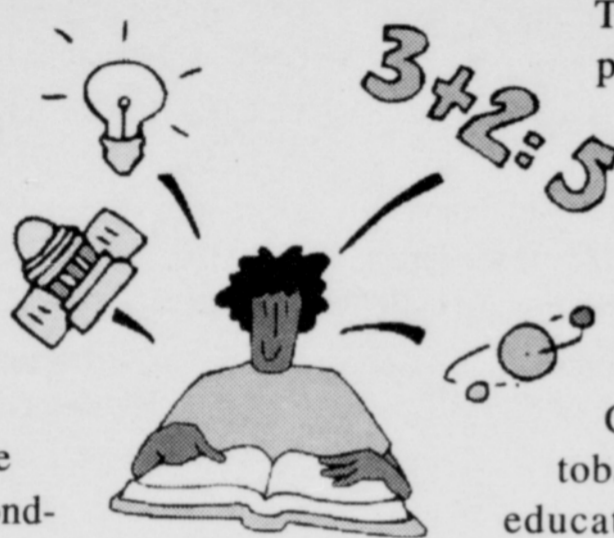
Secondhand Smoke Linked to Children's Low Test Scores

New research concludes that children exposed to secondhand smoke had lower standardized test scores in reading, math, and problem solving, *USA Today* reported in early January.

The study, led by Kimberly Yolton, a researcher at Cincinnati Children's Hospital Medical Center in Ohio, included 4,400 children.

Exposure to secondhand smoke was determined by testing for cotinine, a by-product of nicotine in the blood.

Researchers determined that children exposed to the least amount of secondhand smoke scored an average of seven points higher in standardized math and reading tests,



compared to children exposed to high levels of smoke.

Children with the lowest environmental tobacco exposure also scored better on two types of reasoning tests. The findings are in line with earlier research that found that tobacco exposure seemed to be related to impaired intellectual development.

The studies' findings are published in the January 2005 issue of *Environmental Health Perspectives*.

Take It Outside and give your kids a better chance.

Call DeAnna Pearl, tobacco prevention and education coordinator, at 1-800-648-0449, ext. 1659, or 541-444-9659 for support, guidance, and information.

Do Something for Your Heart this Valentine's Day! Practice Quitting Smoking

Truths about quitting:

- 1). It takes **three to four days** for the nicotine to leave your system. After that, you are dealing with the habits of smoking. Look for ways to change your habits associated with lighting up.
- 2). You will cough **more** the first week. Your body needs to get rid of lung-clogging mucus and it's trying to return to health in a hurry.
- 3). You will feel tired or drowsy. Nicotine stimulates the brain and central nervous system but unfortunately, you needed to smoke more and more to get this feeling. Your body is detoxifying. **Drink lots of water** to help flush the toxins.
- 4). Quitting takes practice. You need to **practice quitting** as much as you practiced smoking/chewing.

You can help yourself by:

- Changing your routine
- Exercising
- Deep Breathing
- Staying Active

Tobacco Prevention Program Coordinator – 1-800-648-0449 or 541-444-1030. The Tobacco Prevention and Education Program office is located in the Siletz Clinic. It can provide quit kits, information, support, and contacts to help with quitting. Support groups or individual counseling are available.

Call the Oregon Quit Line – 1-800-270-7867. The Oregon Tobacco Quit Line offers free quitting information, one-on-one telephone counseling, and referrals either for you or a loved one. The Oregon Tobacco Quit Line is offered by Oregon Health Services.

Toothtalk

by Teri (the tooth fairy) Coddington, RDH

Do You Have Bad Breath?

Oral malodor, commonly known as bad breath, causes embarrassment, frustration, and often despair. It can lead to social withdrawal and work place isolation.

While it's true that bad breath may result from physiological and pathological causes of systemic or nasal/throat origin, the principle origin of malodor is from within the mouth.

Oral malodor is the byproduct of bacterial degradation of proteins that are present in the mouth, specifically in saliva, crevicular fluid, and tongue coating. More than 80 oral bacterial species can produce odorous volatile sulfur compounds.

Malodorous compound-producing microorganisms have been associated with periodontal disease and the unpleasant and penetrating odor associated with these conditions.

Highly volatile sulfur compound concentrations also may be associated with localized areas of gingivitis that result from inadequate plaque control. Substantial evidence exists that many individuals who suffer from periodontal diseases have an unpleasant odor that emanates from the infected area.

In a healthy mouth, the tongue is the primary source of odor and the presence of tongue coating plays a significant role in odor formation. Individuals who have a coated tongue may have as much as 25 times more bacteria than those whose tongue is clear of any coating.

The type of bacteria present will influence the extent of the mouth odor.

Chemosensation, or detection of chemicals by sensory means (either taste or smell), provides an early warning system for toxic substances in the oral environment. The complaint of persistently unpleasant taste can be attributed to the continual deposit of

metabolic byproducts by the anaerobic microbiota present on the tongue and teeth. This chemical concoction may present itself as a bitter, acid, foul, or metallic taste to the tongue.

So what can you do if you have bad breath? You can come in for a dental exam. Having your teeth cleaned by a professional dental

hygienist can help eliminate the odor. The dentist can repair or extract heavily decayed teeth, which can harbor odor-producing bacteria.

Prescription mouth rinses, such as Chlorhexidine, can be prescribed to qualifying patients if the odor is still present after treatment is performed. Chlorhexidine not only improves bad breath, it improves periodontal health.

Dentures also can harbor bacteria. At the dental appointment, dentures are cleaned by a method known as ultrasonic cleaning. Efferdent and a denture brush are provided to the patient to take home.

Even if you don't think you have bad breath, someone else might. If you have not had your teeth cleaned in the last six months, you probably have bad breath.

