

# Manuel (Frankie) F. Rilatos Sr. – 1942-2017

On Oct. 28, 2017, Frankie, 75, passed away at his home in Siletz, Ore., surrounded by his loved ones and his dog, Bruno.

Frankie was born in Logsdan, Ore., on April 20, 1942, to Manuel and Eva Rilatos.

After high school, Frankie enlisted in the U.S. Army and served in Vietnam for several years. After his service in the Army, he moved to Spokane, Wash., and opened his own dance studio. He later moved to Siletz where he spent the remainder of his life.

A memorial service was held at the Siletz Tribal Community Center on Nov. 4, with burial at the Paul Washington Cemetery immediately following the service. Friends and family were invited to join in a potluck at the community center following the burial.



Courtesy photo

Manuel (Frankie) F. Rilatos Sr.



Photo by Andrea Taylor

Dental hygienist Teresa Carpenter checks the teeth of Siletz Tribal Head Start students during this annual event where Siletz Tribal Dental Clinic staff apply fluoride varnish to teeth and look for potential problems.

## Siletz Community Dental Clinic

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10:30-11 a.m. Afternoon check-in time is Monday-Friday from 1:30-2 p.m.

## How does your mouth support your overall health?

By Nancy Ludwig, MS, RDN, LD,  
Siletz Tribal Head Start Nutrition

*As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Our food choices affect our oral health in many ways. In addition, our oral health affects how well our body can digest and absorb nutrients. The mouth is where nutrition starts.*

*We need teeth that chew so we can break down our foods to absorb nutrients. Certain foods promote tooth decay. Other foods support healthy teeth and protect against bacterial growth.*

*Poor oral health can be the underlying cause of cardiovascular disease. Specific oral symptoms provide clues to specific health conditions. Nutrient deficiencies or excesses can be seen in the mouth.*

*The oral-microbiome is an up-and-coming field of study, which in time may cause a rethinking of some of the detergent-like toothpastes and rinses currently available.*

*We need teeth that chew so we can break down our foods to absorb nutrients. Digestion begins in the mouth. Chewing allows enzymes to break the food down further so nutrients can be absorbed and provide what we need to grow and repair.*

*Often people are not concerned about their teeth until it is too late. Once decay or infection causes loss of teeth, the ability to chew is impaired. Dental work and dentures can be expensive and often don't fully solve chewing problems.*

*When food textures need to be modified to eat, nutrition is generally impaired from lack of variety. Furthermore, because the act of chewing provides health ben-*

*efits, some health advocates even recommend chewing liquids!*

*Certain foods promote tooth decay. Other foods support healthy teeth and protect against bacterial growth. The foods and beverages we consume provide food for bacteria. Bacteria love to eat sugars and carbohydrates. Sweet sticky foods, such as candy, provide more contact time on the teeth to promote bacterial growth and eventually tooth decay.*

*Even milk can be a food source for bacteria in the mouth. Baby bottle syndrome occurs when a bottle is propped into the baby's mouth and milk stays in the mouth, causing decay.*

*Foods that do not contain sugar or starch protect against tooth decay. It is useful to choose snacks that do not promote tooth decay. Examples include protein foods, especially those that contain fat, such as cheese, nuts, hard-boiled eggs, meat or fish jerky.*

*Xylitol is a sugar alcohol that can replace sugar in food products, gum or toothpaste. It is claimed to protect the teeth. Whether or not this is true, it is not a natural product and if excess sugar alcohols are consumed, they can cause GI upset. It's best to limit sugary foods and brush teeth after eating them.*

*Poor oral health can be the underlying cause of cardiovascular disease. You could think of it this way – plaque in the mouth may predict plaque in blood vessels.*

*Inflammation, infection and gum disease or periodontitis are also associated with cardiovascular disease (hardening of the arteries). Periodontitis is a chronic infection by oral bacteria that affects the supporting structures of the teeth. A mechanism has been proposed whereby the burden of bacterial pathogens, anti-*

*gens, endotoxins and inflammatory cytokines of periodontitis contributes to the process of atherogenesis and thromboembolic events.*

*In response to infection and inflammation, susceptible individuals may exhibit greater expression of local and systemic mediators and may thereby be at increased risk for a myocardial infarction or stroke. Further information can be found at [joponline.org/doi/abs/10.1902/annals.1996.1.1.821](http://joponline.org/doi/abs/10.1902/annals.1996.1.1.821) or [circ.ahajournals.org/content/112/1/19?etoc](http://circ.ahajournals.org/content/112/1/19?etoc).*

*Specific oral symptoms provide clues to specific health conditions, such as celiac. When children have poor tooth enamel, it may be an early sign of celiac. Furthermore, frequent canker sores can be a symptom of celiac. Even for someone with known celiac, canker sores may a sign of gluten exposure.*

*Nutrient deficiencies or excesses can be seen in the mouth. Fluoride is an interesting nutrient that supports strong teeth but can cause pitting and discoloration when ingested in excess. When fluoride is found in water, it is often difficult to know how much fluoride is being consumed. The risk of getting too much fluoride is the reason for strict guidelines around not swallowing fluoride toothpaste or rinses.*

*Other nutrients, especially calcium and the other minerals that support bone health, also support strong teeth.*

*The oral microbiome is an up-and-coming field of study, which in time may cause a rethinking of some of the detergent-like toothpastes and rinses currently available.*

*The human oral cavity contains a number of different habitats, including the teeth, gingival sulcus, tongue, cheeks, hard*

*and soft palates, and tonsils, which are colonized by bacteria. The microorganisms found in the human oral cavity have been referred to as the oral microflora, oral microbiota or more recently as the oral microbiome.*

*These microorganisms literally share our body space and have been all but ignored as determinants of health and disease. The oral cavity is a major gateway to the human body.*

*Microorganisms from the oral cavity have been shown to cause a number of oral infectious diseases in addition to caries (tooth decay). Research points to possible links with periodontitis (gum disease), endodontic (root canal) infections, alveolar osteitis (dry socket) and tonsillitis.*

*Evidence is also accumulating to link oral bacteria to systemic diseases, including cardiovascular disease, stroke, preterm birth, diabetes and pneumonia. For more information, visit [jb.asm.org/content/192/19/5002.full?site=JBacteriol&utm\\_source=TrendMDJBacteriol&utm\\_medium=TrendMDJBacteriol&utm\\_campaign=trendmdalljournals\\_0](http://jb.asm.org/content/192/19/5002.full?site=JBacteriol&utm_source=TrendMDJBacteriol&utm_medium=TrendMDJBacteriol&utm_campaign=trendmdalljournals_0).*

*In summary, the condition of your mouth affects more than your smile or the enjoyment of your food. After reading this article I hope you can see that it also influences your overall health. Traditional foods support oral health as the diet is low in sugars and carbohydrates with ample vegetables, meats, fish and fats.*

*As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families.*