

Sele-Dent, Inc.

D E N T A L P P O

Promoting Access to Private Professional Dental Care

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Sele-Dent and StemSave Partner to Secure Your Future Health

Stem Cells from Teeth

Imagine a world where victims of spinal cord injuries can walk, where there are no shortages of organs for those in need of an organ transplant, where diabetes is no longer treated with insulin shots but cured by implanting insulin producing pancreatic islets grown from the individual's own stem cells. Such is the promise of stem cell based regenerative medicine as envisioned by both the NIH (National Institutes of Health) and the HHS (Department of Health and Human Services).

Both the NIH and HHS are committing significant resources to the field of regenerative medicine and both predict it will revolutionize medicine as we know it today, improving quality of life and reducing health care costs.

According to the HHS, "This revolutionary technology has the potential to develop therapies for previously untreatable diseases and conditions. Examples of diseases regenerative medicine can cure include: diabetes, heart disease, renal failure, osteoporosis and spinal cord injuries. Virtually any disease that results from malfunctioning, damaged, or failing tissues may be potentially cured through regenerative medicine therapies. Having these tissues available to treat sick patients creates the concept of tissues for life." So promising is the technology that the US military is spending hundreds of millions of dollars through the AFIRM (Armed Forces Institute of Regenerative Medicine) initiative, to develop regenerative stem cell therapies to treat injured soldiers returning from battle.

So what is Regenerative Medicine? According to the NIH, "Regenerative Medicine is the process of creating living, functional tissues to repair or replace organ function lost due to age, disease, damage or congenital defects. This field holds the promise of regenerating damaged tissues and organs in the body by stimulating previously irreparable organs to heal themselves. Regenerative medicine also empowers scientists to grow tissues and organs in the laboratory and safely implant them when the body cannot heal itself." Simply put, regenerative medicine utilizes stem cells, the body's own natural repair and maintenance mechanisms, to address disease and trauma.

Stem cells are unique in that they are the only cells in our body that can regenerate. Certain types of stem cells have the ability to 'differentiate.' This allows stem cells to turn into a broad range of specialized tissue types. This means that stem cells can regenerate organs, tissues, bones and much more. As a result, we are witnessing stem cell therapies being developed to treat disease and trauma such as Parkinson's, Alzheimer's, diabetes, MS, arthritis, heart disease, spinal cord injuries, joint replacement, genetic diseases and many more.

Did you know that there are powerful stem cells in your teeth? That's why Sele-Dent is partnering with StemSave to offer stem cell banking to our members.

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www.sele-dent.com • 1-800-520-3368 (DENT)

Ms. Anne M. Maloney, President • Mr. Paul Dratel, Vice President



BREAKING NEWS:

The CariFree Risk Assessment & Treatment Technology

Available December 10, 2009

Are you at risk for dental decay?

New research and technology have shown us that your risk for getting cavities may be defined by some much different factors than we had once believed. You have likely been told for years to brush and floss and avoid sugar if you wanted to avoid cavities. We now know that it has much more to do with the chemistry of your mouth and in many cases, brushing and flossing alone has little to do with lowering your risk for decay.

Cavities are caused by a certain family of bacteria that produce high levels of acids. It is these acids that breakdown, or demineralize, the enamel of the teeth and lead to tooth decay. These bacteria thrive in an acid pH environment. There are many factors that may contribute to having an acidic pH in the mouth, such as lack of saliva, medications that cause dry mouth, acid reflux, frequently consuming acidic beverages, etc. What we do know, is that if this acid environment exists

and you have this bacterial infection, you are at much greater risk for dental decay whether you brush and floss diligently or not.

The good news is that we now have technologies that allow us to test for these bacteria and reverse the acidic chemistry of the mouth, predictably lowering your risk of having a cavity at your next visit. Once the chemistry has been corrected and the mouth stabilized you can look forward to a lifetime free from decay, longer lasting restorations, and no risk of passing this infection on to your loved ones. Visit www.carifree.com for more information. We are proud to provide our patients with this important advance in preventative dental care.

Have a great day!
Richard Klein, DDS
Sele-Dent Participating Provider
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Who's Afraid of the Big, Bad Wolf?

I am! One in 34,000 Americans is diagnosed with Oral Cancer each year and, if not caught early, 50% of those people die within five years. When you picture an oral cancer patient, what do you see? An older man with a drink in one hand and a cigarette in another? The face of oral cancer has changed drastically in the last fifty years. Women constitute one third of those affected by the disease. Its incidence in African Americans is three times higher than that of Caucasians with a mortality rate of nearly double. Although alcohol and tobacco use are most often associated with oral cancer, 25% of patients have no risk factors at all.

Oral cancer may occur in any area of the mouth: lips, tongue, gums, cheeks, hard or soft palate. It often starts as a tiny white or red spot or sore. Symptoms can include: a sore that bleeds easily and doesn't heal, a lump or thickening of the oral tissues, pain, tenderness, numbness, difficulty chewing, difficulty swallowing or a change in the way the teeth fit together. Many times, the oral cancer lesion is painless and, therefore, goes unnoticed.

The good news: EARLY DETECTION WORKS! Studies show that 90% of oral cancer cases are curable if caught in the early stages. An oral cancer screening should be part of your regular dental check up. During the check-up, your dentist will carefully examine the inside of your mouth. This can be done visually, sometimes with the aid of rinses or specialized light. Oral cancer often begins as a small, but detectable, pre-cancerous lesion. If your dentist finds a suspicious spot, a brush test may be performed. The brush bristles collect cells from the lesion and those cells are sent to a laboratory for evaluation.

What can you do? Regular dental check-ups are most important. A recent study found a link between oral cancer and the chronic inflammation caused by periodontal disease (gum disease). Next time you see your dentist, ask about an oral cancer screening. Most doctors perform the screening as part of their check-up routine, so you may not even be aware of it. Know the early signs and symptoms, be informed, and remember, prevention and early detection are key!

By Mara Rosenberg, DDS
Sele-Dent Participating Provider
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NBC - TODAY SHOW STATES MOST IMPORTANT HEALTH TESTS FOR 2010

1. Breast Exam
2. Pap Smear
3. Skin Test (Dermatologist)
4. Periodontal Screening
5. Colonoscopy – Colon cancer is the 2nd leading cause of cancer death in both men and women in the US.
6. Thyroid Test

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Sele-Dent and StemSave Partner to Secure Your Future Health

The stem cells that exist in teeth are very compelling for a number of reasons:

- **They are 'plastic'** – meaning they can differentiate into other types of tissue such as muscle, neurons, bone, insulin producing pancreatic beta cells, epithelia skin and cartilage to name a few.
 - o This means they could potentially be used to treat a wide range of disease and injury.
- **Virtually no chance of rejection** – Saving your own stem cells from your teeth, otherwise known as your own autologous tissue, means that once they are reintroduced into the body during a treatment, they will not be rejected as foreign tissue as the body recognizes them as their own.
 - o Reintroducing your own tissue during treatment virtually eliminates the chance of rejection and the need for anti-rejection drugs.

It is important to note that stem cells age along with the individual. It's one of the reasons we physically grow old – after we reach full adulthood, our stem cells fail to keep up with the degradation our bodies endure over time. Hence, the younger the stem cells, the better. **That is why baby teeth are such a great source of stem cells.** Recovering stem cells from baby teeth ensures the stem cells are young, strong and vital. **Wisdom teeth from young adults also present an excellent opportunity to collect stem cells.**



The promise of regenerative medicine is not science fiction or decades away – it is happening today. We are witnessing organ transplants with organs built entirely from a person's own stem cells.

Additionally, heart tissue, bone, insulin producing pancreatic beta cells and other tissues are being grown from stem cells. With the continued success of such procedures, personalized stem cell applications will become the new standard of treatment.

With StemSave, protecting your family's future health by securing their stem cells today is easy and convenient. StemSave works with your dentist to recover the teeth at the time of an extraction to assure the highest probability of stem cell viability. Individuals simply register at www.stemsave.com and StemSave sends one of its patented transport kits to your dentist prior to the planned procedure. At the time of the extraction, the dentist will deposit the extracted teeth into the kit. The kit is then sealed and rushed to their labs where the teeth are processed, and the cells tested for viability. Upon positive viability, the cells are cryo-preserved to be utilized in future personalized regenerative therapies. We are now at a point where a trip to the dentist could potentially change a life.

Sele-Dent has secured a discounted fee for all union members and their families whether Sele-Dent or not. When registering at www.stemsave.com please remember to use promo code SeleDentMem (case sensitive) to receive \$150 off the initial enrollment and first year storage (\$540 – regularly \$690) and 10% off subsequent years storage (\$90 – regularly \$100).

A Message From The President

As I've always stated, Sele-Dent cares about the overall health of its clients and their families. That is the sole purpose of this newsletter, which contains important information to educate on health issues and assist in prolonging lives. The periodontal connection to cardiovascular and diabetic health is the most profound dental-medical health breakthrough in decades. The TODAY show listed a periodontal screening as it's number four most important health test of 2010. But as a mother, I have embraced the importance of the Stem Cell information provided in our cover story. Stem Cells in your teeth that may be harvested – really! My children are 19 and 13, and cord blood was not available to them at the time of their birth. Any woman reading this who has seen the movie – My Sister's Keeper, where a couple genetically engineered another child simply to have DNA to save their already sick child, will understand the significance of this innovative technology. PLEASE READ THIS NEWSLETTER AS THE INFORMATION ENCLOSED MAY SAVE LIVES AND TREAT LIFE THREATENING DISEASES. I am proud to provide information on one of the most significant health breakthroughs in the past several years. Sele-Dent has no financial interest in StemSave. I personally believe in this science, it is proven, and we all want what is best for our children and ourselves. Sele-Dent has secured a discounted fee for all union members and their families whether Sele-Dent or not. When registering at www.stemsave.com please remember to use promo code SeleDentMem (case sensitive) to receive \$150 off the initial enrollment and first year storage (\$540 – regularly \$690) and 10% off subsequent years storage (\$90 – regularly \$100). Please enjoy this health newsletter and for any comments or questions you may e-mail us at seledent@aol.com.

Sincerely,
Anne M. Maloney, President

Chocolate Enthusiasm

By Jennifer Love, Co-Founder of NibMor

If you are a chocolate enthusiast, like me, then you are going to be thrilled to learn that cacao¹ (aka cocoa) is one of nature's most nutrient dense gifts. Did you know that cacao is the seed of an Amazonian fruit? That's right...and it was brought to Central America around the time of the Olmecs (dating roughly from 1400 BCE to about 400 BCE). How cool would it be if we could still use cacao beans as money like the Mayan and Aztec civilizations; who referred to them as "black gold" or "seeds of gold"? These civilizations held the cacao bean in such high esteem that they described it as "the food of the gods."

Americans may not revere cacao quite like these ancient civilizations, yet chocolate has become a very popular food in the U.S. We consume, on average, 11.7 pounds of chocolate per person annually. As I sit here and enjoy a few pieces of our NibMor chocolate, I fully admit that my personal consumption is bound to be much higher. I'm not the only one - worldwide consumption of chocolate is increasing at a rate of 3 to 4% each year. Associate Content reported in 2007, "The increased sales in chocolate are driven by newer studies showing that dark chocolate actually has many health benefits."²

Let's take a quick look at the health benefits of the cacao bean in its natural state. **In addition to being a good source of minerals and vitamins (especially magnesium, sulphur, calcium, chromium, iron, zinc, copper, potassium, vitamin C and some of the B vitamins), cacao is also an excellent source of fiber, amino acids, fatty acids, and antioxidants (30 times the antioxidants of red wine, and 20 times the antioxidants found in green tea).** Many of the substances in cacao have been discussed in the scientific literature as pharmacologically significant.

That is good news for chocolate!

You may be surprised to learn that this gift of nature is also a natural anti-depressant and an aphrodisiac. Yes, you can lift your spirits and boost your love life by eating cacao.

Doesn't all chocolate contain all of these nutrients? No, and David Wolfe author of Naked Chocolate explains that when cacao is roasted (heated at temperatures above 118°); it loses much of its nutritional content. In a nutshell, the best way to benefit from cacao's nutritional offering is by consuming chocolate in a raw preparation. **Raw chocolate is chocolate that is unroasted, lightly processed and is combined with only a few natural ingredients like agave, vanilla or sea salt.**

In a society where the top killers include heart disease, stroke, cancer and diabetes, all of which are heavily affected by obesity and nutrition, it makes sense that the last thing Americans need is another over-processed, chemicalized, sugar infested snack food. That is why we created NibMor. Our raw chocolate is power-packed with tons of nutrients and made for chocolate enthusiasts, like me, who have a high standard for taste.

www.NibMor.com

Chocolate nibbles...

Power Mineral - Do you know what the No. 1 mineral deficiency is in the diet? Do you know the primary mineral that is missing when heart problems occur? Do you know which mineral activates almost all the key enzymes needed for our neurons to produce energy from glucose (in the form of ATP)? If you guessed magnesium, then you may also know that over 80% of the U.S. population is deficient in magnesium. If you are wondering what makes this mineral so important, the answer is its powerful ability to support the heart, increase brainpower, cause strong peristalsis (bowel movements), relax menstrual cramping, relax muscles, increase flexibility, help build strong bones and increase alkalinity.

Heart Health & Cancer - Fresh cacao beans are rich in the type of bio-flavonoid called flavanols that help maintain healthy blood flow and blood pressure and are known in helping stave off cancer, heart disease and strokes. The flavanols in cacao, especially the epicatechins, prevent fatty substances in the bloodstream from oxidizing and then clogging the arteries. Flavanols help make blood platelets less likely to stick together and cause blood clots, heart attacks, and strokes without the negative side effects associated with the use of aspirin (ASA) and other pharmaceutical blood-thinners. Cacao beans contain 10,000 milligrams (10 grams) of flavano antioxidants per 100 grams - or an impressive 10% antioxidant concentration level.

Healthy Fat - While you may have been told that chocolate is "fattening", the truth is that the fats found in cacao butter are actually healthy fats! Cacao contains oleic acid, a heart-healthy monounsaturated fat which is also found in olive oil and is believed to raise the level of the "good cholesterol" known as HDL cholesterol (the acronym HDL stands for "High Density Lipid"). Research has shown that the antioxidants found in cacao have been shown to reduce the oxidation of low-density lipoproteins (LDL) or "bad cholesterol".

Depression - Cacao also contains the amino acid tryptophan, which makes the neurotransmitter known as serotonin, which promotes positive feelings and helps keep us from feeling depressed. Cacao contains the neurotransmitters dopamine, and phenylethylamine (PEA), and contains anandamide and MAO Inhibitors - ingredients that are beneficial for the brain.

Mental Clarity - Phenylethylamine (PEA) helps promote mental alertness and the ability to concentrate. The PEA in healthy chocolate may be of help to students taking tests, and to senior citizens who want to retain the mental capacity of a younger person and postpone the onset of dementia.

IT HAS BEEN PROVEN PERIODONTAL BACTERIA MAY LEAD TO:

- Heart Disease, Stroke and Cardiovascular Complications
- Increased risk of Low Birth weight babies
- Health risk for Respiratory Disease, Pneumonia and Osteoporosis
- Untreated Periodontal disease results in chronic inflammation that leads to increased insulin resistance, reduced glucose tolerance and increased risk of diabetic complications.
- Bacteria that form in the mouth has been the plaque found in carotid artery - carotid angioplasty is removing this plaque from the artery - this is the most significant disease related to a stroke.
- Most patients have no DEFINITIVE WARNING before having a heart attack

ALSO . . . 50% of a Fund's medical and pharmaceutical costs are related to Diabetes and Cardiovascular claims. 50% PERCENT !!!!

¹ Cocoa is a British slang term for Cacao. Today's present-day meaning of 'cacao' includes all the ingredients derived from the cacao bean. Cocoa as defined by the U.S. cacao standards refers only to cocoa powder, i.e., the powder made by grinding partially defatted cacao beans. Some products in the U.S. use the term "%Cocoa" interchangeably with "% Cacao".

² http://www.associatedcontent.com/article/343340/us_chocolate_sales_forecast_to_reach.html