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## **27 Incontrovertible Health Tips**

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### **A Prescription For Health**

*There's plenty you can do to keep your body in tip-top shape.*

*By Karen Pallarito*

So many things can run afoul in the human body, you might be tempted to leave your health to fate. After all, you're stuck with the genes you're born with. But here's startling news: you are in the driver's seat, my friend.

We wanted to know what we can be doing to ward off the ravages of disease, to better manage health problems, and to look and feel healthier. So we asked physicians and other top health professionals across Westchester to weigh in. What follows are their best health tips.

But first a word of caution from Dr. Lipsman: "Don't try to change everything at once." Better to take baby steps—one fewer cigarette and one smaller scoop of mashed potatoes at a time—because small changes are easier to make, and you're more likely to succeed. Plus, over time, they add up.

### **12. Brush Off Pricey Toothpaste**

If you're spending top dollar for toothpaste with tartar control plus whitening, you could be rinsing money down the drain. "Not only don't they work, they don't work better than any other toothpaste and, in general, they're more abrasive," cautions Michael Teitelbaum, DMD, with the Briarcliff Dentist Spa in Briarcliff Manor. In fact, regular use can cause tooth wear and make teeth more sensitive, he says. In a test of 41 whitening toothpastes, Consumer Reports found no correlation between toothpastes' claims of whiter, brighter teeth and their ability to remove stains. While none of the products was deemed excessively abrasive, the consumer products testing outfit recommended that people with sensitive teeth or those at risk for tooth or gum erosion consider a gentler product. Any regular toothpaste with the American Dental Association Seal of Acceptance, indicating the product is safe and effective, will do the job, Dr. Teitelbaum says.

### **14 Clean Your Teeth**



Visited the dentist lately? Regular cleanings—at least twice a year—along with daily flossing or use of a Waterpik can help avoid gum disease. And, says Dr. Michael Teitelbaum, DMD, of the Briarcliff Center for Esthetic Dentistry in Briarcliff Manor, this regimen may prevent heart disease and stroke. The exact relationship between periodontal disease and heart problems isn't clear, but it's believed that bacteria from diseased gums travel through the bloodstream to other parts of the body. Bacteria "roughen up" the arteries, allowing fatty plaques to accumulate, Dr. Teitelbaum explains, which can result in reduced or blocked blood flow to the heart or brain. In addition, a Harvard Medical School study suggests people with gum disease face an increased risk of pancreatic cancer. The bottom line? Call your dentist for an appointment and pick up a new dispenser of dental floss on your way home.

Read the whole article at

<http://www.westchestermagazine.com/ME2/dirmod.asp?sid=B5549CFD24E64BAC93E11938AD51A18C&nm=Archives&type=Publishing&mod=Publications%3A%3AArticle&mid=8F3A7027421841978F18BE895F87F791&tier=4&id=1573EE92D9A145C7BCC8C5CB605041F7>