

What to do with your wisdom teeth?

Large studies find association between wisdom teeth and developing gum diseases. But a few experts disagree to pull the teeth as a routine case.

PROF DR ARUP RATAN CHOUDHURY

Whether and when to pull out or not the wisdom teeth — the debate still goes on. Series of large studies found that young adults who keep their wisdom teeth often develop gum disease quickly, which appears increasing the risk of pregnancy complications and possibly other health problems. But a few experts disagree on the issue that the wisdom teeth should be removed as a routine part before they cause problems.

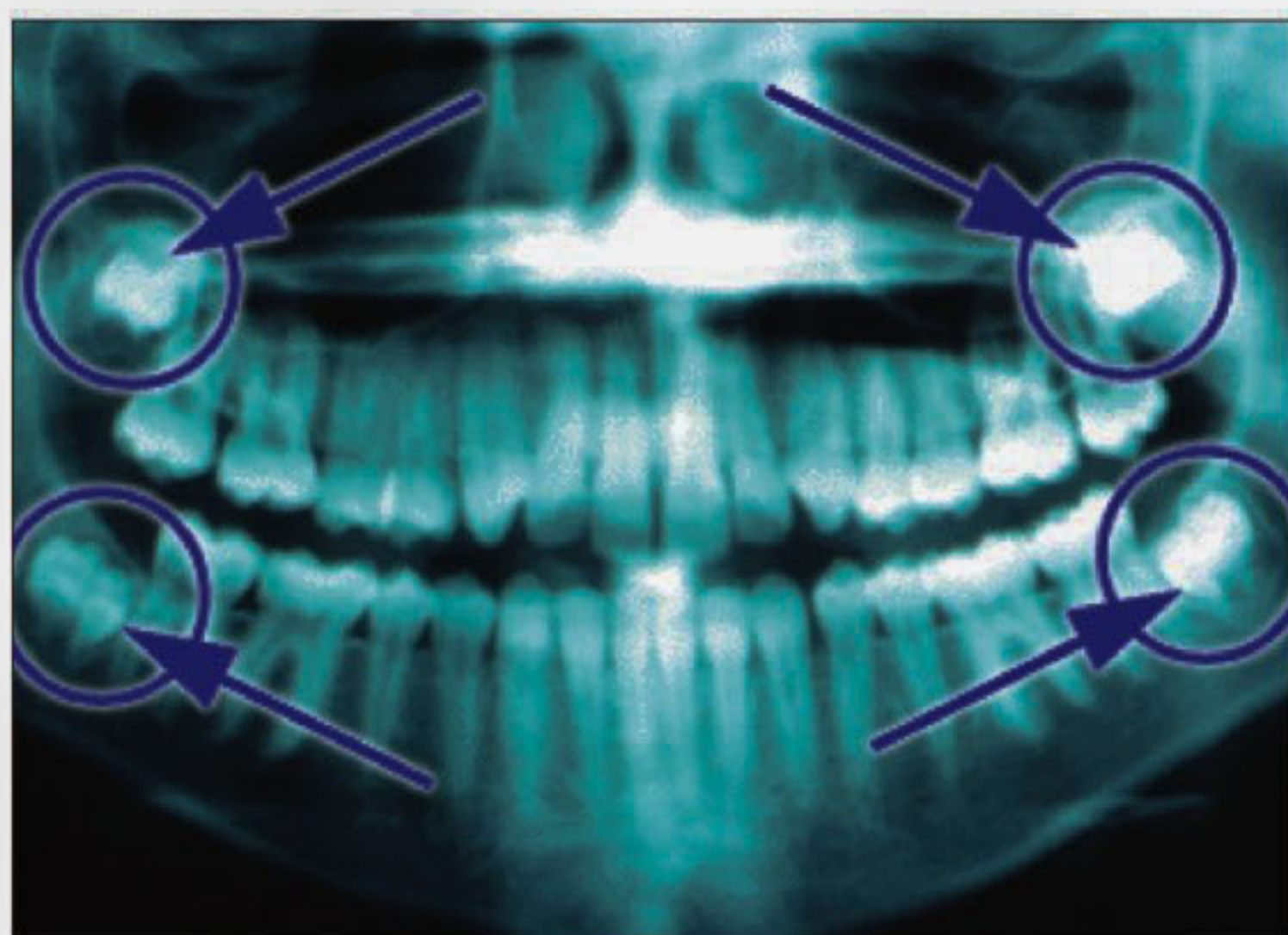
Wisdom teeth, also known as third molar are the last teeth to emerge usually between ages 15 and 25. Until recently, few studies have evaluated the issue. For the first time, a series of study have been conducted in large scale by the American Association of Oral and Maxillofacial Surgeons (AAOMS) that launched in the late 1990s at the University of North Carolina in Chapel Hill and the University of Kentucky in Lexington. It found the significant association between wisdom teeth and development of gum disease. Data from 254 patients in their 20s who opted to keep all four wisdom teeth and under-

went follow-up exams found 60 percent had signs of gum disease around those teeth when the study began, and for 25 percent it worsened in the next two years.

Even in symptom-free patients, the AAOMS reported that nearly 30 percent of wisdom teeth had cavities and about 25 percent had inflammation that signaled gum disease, which unchecked can lead to tooth and bone loss.

This research is very important to dentistry; it indicates that there are both general oral health and over-all health implications related to the wisdom teeth that were not known before. It also indicates it should prompt more dentists and patients to closely monitor the extra molars and consider removing them — even if they are not causing obvious problems.

Gum disease occurs when bacteria grow in the tissue supporting teeth, damaging the tissue and causing spaces known as pockets to form around the roots. The infection can loosen and damage the teeth, eventually requiring them to be pulled out. Wisdom teeth are particularly vulnerable because they are difficult to reach and keep clean.



Growing evidence has also linked inflammation from chronic infections, including gum disease, to an increased risk of more serious problems, including heart disease, diabetes complications and pregnancy difficulties. Scientists suspect chronic inflammation releases bacteria or toxic substances that can have adverse effects elsewhere like heart and kidney.

Moreover, people who have gum disease typically do not have

a problem until they are 35 or 40 years old. It was found that it was much more prevalent than anyone believed at a much younger age than anyone thought. However, this is an association. It does not demonstrate cause and effect. We need more research to get clear proof to see whether treating gum disease reduces the risk of preterm birth.

There are areas of agreement regarding when wisdom teeth should go. The two sides taking

part in the debate generally agree that wisdom teeth should be pulled if a cyst forms around their roots, if they are damaging an adjacent tooth or if they are a persistent source of pain or subject to repeated gum infections.

The two camps disagree even more dramatically about whether wisdom teeth should be removed before they cause any problems or even erupt through the gums.

In favour of pulling out wisdom teeth, there are concerning large studies suggesting that as wisdom teeth causes more gum diseases, as it may be impacted, may be a cause of intense pain or a potent source of infection; it is better to remove to it before they cause any problem. But for routine extraction, we need more evidence in favour of it.

Extraction of wisdom teeth depends on whether the teeth have erupted — grown out of the gums — or are impacted and how deep the roots are. About 20 percent of people get impacted wisdom teeth. You should always consult a dentist to take any decision regarding your wisdom teeth.

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Novo Nordisk is closing the era of pain for the diabetics by starting phase 1 trial with oral insulin.



Novo Nordisk starts phase 1 trial with oral insulin

STAR HEALTH REPORT

Taking insulin by injecting needle is frightening for many people. For many diabetic, it is irritating to continue anti-diabetic therapy with daily insertion of insulin syringe. In order to make insulin therapy user-friendly, scientists have been conducting research for long time to make an effective alternative oral insulin therapy.

With a view to keeping their hope alive, Novo Nordisk, one of the leading pharmaceutical companies in diabetic care has joined the effort to make oral insulin. The company has already initiated phase 1 clinical trial with oral insulin.

There are many challenges with the development and production of a reliable insulin formulation for oral use. They include avoiding enzymatic degradation in the gastrointestinal tract, overcoming poor spontaneous insulin permeability over the intestinal wall, limiting variability of absorption (caused, for example, by interaction with food) and producing insulin in sufficient scale cost-effectively.

The trial, which is being conducted in Germany, is designed to investigate the safety, tolerance, pharmacokinetics (exposure of drug) and pharmacodynamics (effect) of proposed oral insulin analogue (named NN1952) in healthy volunteers and people with type 1 and type 2 diabetes. Results from the trial, which is planned to enroll about 80 people, are expected to be reported in the first half of 2011.

"We still have many challenges to overcome, and it is far too early to say whether or when oral insulin will become an alternative to insulin injections," says Peter Kurtzhals, senior vice president and head of diabetes research at Novo Nordisk. "However, I am encouraged by the progress our research and development teams have made during the past two years, and which has led us to this important milestone", Mr Peter added.



Free radicals and its far-reaching impact on health

Free radicals are atoms or molecules which contain unpaired electrons that are produced inside our body in various ways. Free radicals damage our cells and cause various diseases. However, antioxidants can prevent cell decay from free radicals.

Some free radicals arise normally during metabolism. Sometimes the body's cells purposefully create them to neutralise viruses and bacteria. However, environmental factors such as pollution, radiation, cigarette smoke and herbicides can also spawn free radicals. Normally, the body can handle free radicals, but if antioxidants are unavailable, or if the free-radical production becomes excessive, damage can occur.

Free radicals contribute to different diseases. Free radicals cause the breakdown or harden the cell membrane. In addition to the cell membrane, other biological molecules are also susceptible to damage. Reaction between free radicals and DNA results in mutation causing life threatening cancer and can adversely affect the cell cycle. Extensive DNA damage accumulates over time and shuts down mitochondria, causing the cells to die and the organism to age (thought to be a process of aging).

Heart disease atherosclerosis, lung disease emphysema are also attributed to free-radical induced oxidation of many of the chemicals making up the body. Again, free radicals contribute to alcohol-induced liver damage, perhaps more than alcohol itself. Hence, this free radical generation process can disrupt all levels of cell function. It is thought to be a basic mechanism of tissue injury and damages us at the cellular level.

Antioxidants are used to protect our body from the unwanted adverse effects of free radicals. Antioxidants are the molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. To combat the free radical chain propagation effect, our body uses enzyme as antioxidants. These enzyme scavenge free radicals. The principle micro nutrient (vitamin) antioxidants are vitamin E, vitamin A, and vitamin C. The body cannot manufacture these micro nutrients so they must be supplied in the diet.

Vitamin E, presents in nuts, seeds, vegetable and fish oils, whole grains (wheat germ), fortified cereals, and apricots. Vitamin C is a water soluble vitamin present in citrus fruits and juices, green peppers, cabbage, spinach, broccoli, kale, cantaloupe, kiwi, and strawberries. Vitamin A (retinol) and is present in liver, egg yolk, milk, butter, spinach, carrots, squash, broccoli, yams, tomato, cantaloupe, peaches, and grains.

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Acupuncture and Moxibustion: Traditional but powerful healer

DR SHARIQ H KHAN

Acupuncture and Moxibustion have been practiced as the treatment options for thousands of years in China and now used in many countries in the world. These are used to treat a variety of disease.

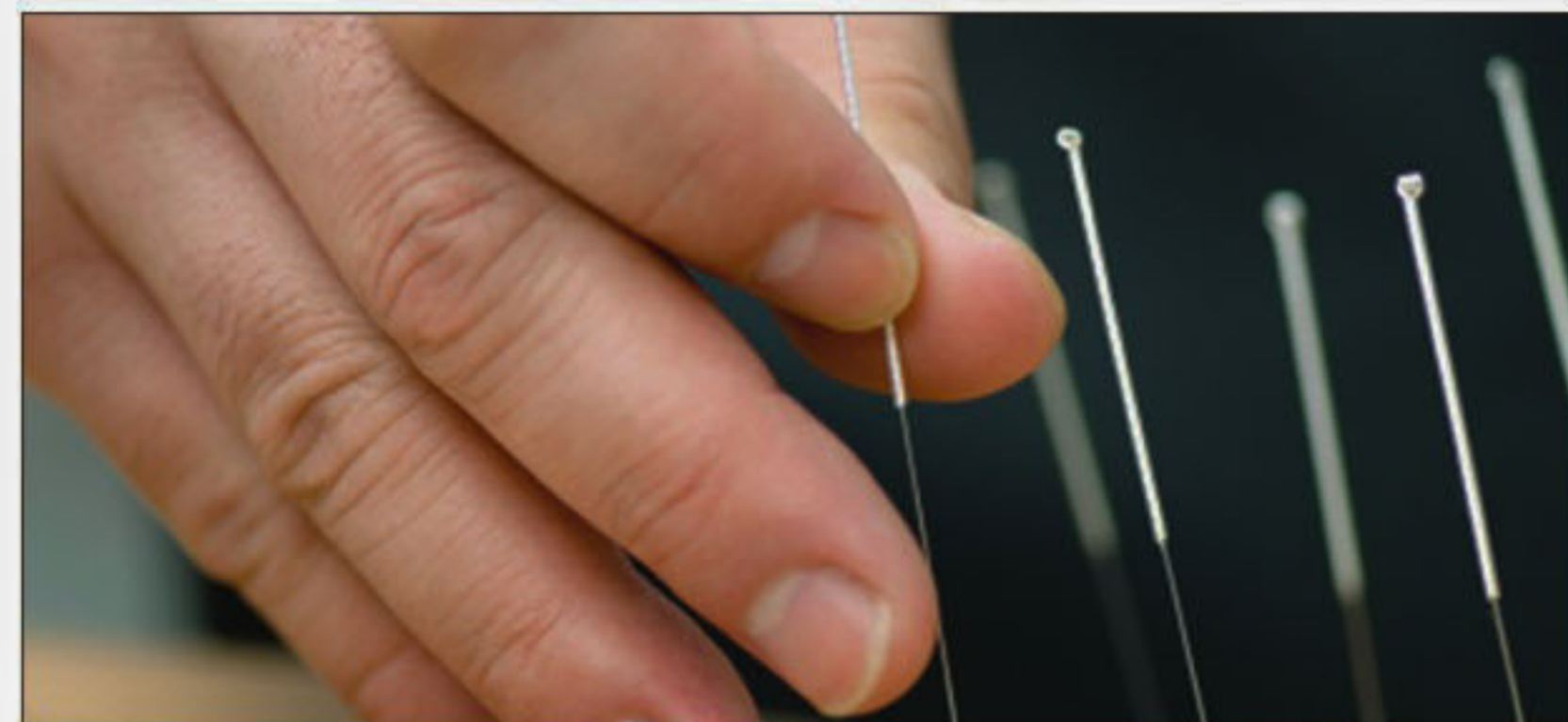
Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (acupuncture points) along the body's meridians to clear energy blockages and encourage the normal flow of energy through the individual. The general theory of acupuncture is based on the premise that there are patterns of energy flow through the body that are essential for health. Disruptions of this flow are believed to be responsible for disease. Acupuncture corrects imbalances of flow at identifiable points close to the skin.

Today, acupuncture is an effective, natural and increasingly popular form of health care that is used by people whole over the world. The modern scientific explanation about the effectiveness of Acupuncture treatment is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain, including endorphins, enkephalins and other neurotransmitters. Either these chemicals will change the experience of pain, or they will trigger the release of other chemicals and hormones that influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

Acupuncture needles are so fine that there is no discomfort when they are inserted but a slight tingle (known as needle sensation) may be experienced. The needles are usually left in for approximately twenty minutes to more. The doctor may also stimulate the acupuncture

points using other methods, such as moxibustion (a traditional technique that involves application of heat through the burning of mugwort, a small, spongy herb used to facilitate healing), cupping and electro-stimulation etc. in order to re-establish the flow.

Acupuncture has several advantages. It is very effective to treat some diseases, where other methods of treatment could not achieve good result or failed. The diseases where acupuncture can be effective are arthritis, rheumatism or different types of pains, autism (ASD), depression, anxiety, delayed speech, sleep problems, attention deficit disorder



of traditional Chinese medicine, is to strengthen the blood, stimulate the blood flow and maintain general health. In traditional Chinese medicine, moxibustion is used on people who have a cold or stagnant condition. The burning of moxa is believed to expel cold and warm the meridians, which leads to smoother flow of blood. Adequate knowledge and experience is needed for providing the acupuncture and moxibustion therapy to patients. To avoid the unwanted complications in acupuncture treatment please avoid taking treatment by quack / fake acupuncturist. There are many around us

without proper qualifications. In order to avoid complication, always consult a skilled acupuncturist. The method of treatment has already been started in our country. But due to less number of medically qualified acupuncturists available in our country and lack of proper perception about the application of this method in some specific diseases, the patients are depriving from the advantages of acupuncture and moxibustion treatment.

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Depressed? You must like chocolate

REUTERS, Chicago

People who are depressed eat more chocolate than people who are not, U.S. researchers said recently in a study that puts numbers behind the link between mood and chocolate.

They said people who were depressed ate an average of 8.4 servings of chocolate per month, compared with 5.4 servings among those who were not. And people who had major depression based on results of a screening test ate even more — 11.8 servings per month. A serving was considered to be one small bar, or 1 ounce (28 grams), of chocolate.

"Depressed mood was significantly related to higher chocolate consumption," Dr. Natalie Rose of the University



of California, Davis, and University of California, San Diego, and colleagues wrote in the Archives of Internal Medicine. Rose and colleagues studied the relationship between chocolate and mood among 931 women and men who were not using antidepressants. People

in the study reported how much chocolate they consumed and most also completed a food frequency questionnaire about their overall diet.

Their moods were assessed using a commonly used depression scale. What they found was a marked association between chocolate consumption and depression. And unlike other studies that looked only at women, the link was true of both men and women.

It may be something physiological about chocolate, such as providing additional antioxidants. Or the mood-boosting effect of chocolate could be fleeting, like the temporary euphoria from drinking alcohol, leaving people feeling even lower after the brief euphoria has passed.

WORLD NO TOBACCO DAY

Gender and tobacco with an emphasis on marketing to women

SUBROTO KUMAR ROY

We all know tobacco as health hazardous and one of the major killers. Still then it has not been stopped. Of course tobacco control movement has increased than that of the earlier. Each year on May 31, WHO celebrates World No Tobacco Day highlighting the theme on health risks associated with tobacco use and advocating for effective policies to reduce consumption. Nevertheless to say that tobacco use is the second cause of death globally (after hypertension) and is currently responsible for killing one in 10 adults worldwide.

The theme for World No Tobacco Day 2010 is "Gender and tobacco with an emphasis on marketing to women". When smoking first came into vogue, it was considered a man's activity and unfeminine. Therefore it became a vehicle for women's rebellion and for asserting a new, more independent, self-image. In most of the places in the world, being born male is the greatest predictor for tobacco use, with overall prevalence about four times higher among men than women globally (48 percent versus 12 percent).

Recent findings of the Global Youth Tobacco Survey, however shows that young girls are smoking almost as much as young boys and those girls and boys are using non-cigarette tobacco products such as spit tobacco, biddies and water pipes at similar rates.

The tobacco industry targets women using seductive images of vitality, slimness, emancipation, sophistication and sexual allure. Liberation, autonomy and even female friendship future in developed countries advertising, and increasingly, where female roles have begun to change and women aspire to reach autonomy.

For a long time, smoking was considered a male activity but tobacco manufacturers quickly discovered the lucrative female market. Over the past few decades, aggressive advertising campaigns for women have equated smoking with emancipation, glamour, and slimness and have successfully lured countless young women into the habit.

Tobacco use in Bangladesh 2009: 43.3 percent of adults (41.3 million) currently use tobacco in smoking and or smokeless form. 44.7 percent men, 1.5 percent women, and 23.0 percent overall (21.9 million) adults currently smoke tobacco. 26.4 percent men, 27.9 percent women, and 27.2 percent overall (25.9 million) adults currently use smokeless tobacco. Daily tobacco smokers are 40.7 percent men, 1.3 percent women, and 20.9 percent overall.

Tobacco causes similar health problems for men and women, including lung cancer, upper aerodigestive cancer, several other cancers, heart disease, stroke, chronic bronchitis and emphysema. Tobacco poses additional specific threats for men and women. Men risk declines in fertility and sexual potency, and female smokers risk increased cardiovascular disease, in particular while using oral contraceptives, and higher rates of infertility, premature labor, low birth weight infants, cervical cancer etc.

So, we should think about the importance of pictorial warnings on all tobacco product packets. It is often told that a picture is stronger than thousand of words. If there are pictures of various diseased people accompanied with text warnings on the both surfaces of all tobacco products packet, crore of people will be informed about the deadly effects of tobacco use without expenditure.

Use of tobacco products caused 57,000 deaths in a year. So, we need to act now. This is the time to go ahead to save our gender who will save their next generation.

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