

For Immediate Release:

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GOOD ORAL HEALTH CARE CAN POSITIVELY EFFECT OVERALL HEALTH

*Dr. Marvin A. Fier addresses Support Group at Helen Hayes Hospital
with oral health tips for special needs patients*

Pomona, NY (May 20, 2009) As Dr. Marvin A. Fier addressed the Stroke Support Group at Helen Hayes Hospital the group was interested in finding that oral health is directly connected to overall health. This information was presented by Fier as part of a general oral health awareness campaign and was very well received by members of Helen Hayes Hospital Stroke Support Group.

“Today’s routine oral exam should include a through look at the gums, tongue and glands in addition to the traditional examination of teeth and gums”, informed Fier, “there are ways in which a more serious disease can be detected earlier or even avoided if a thorough exam takes place.”

Fier addressed the group of individuals with stroke by informing them to take caution with their oral health habits. An active question and answer period included new brushing and flossing techniques and safe methods for teeth whitening.

Fier informed the group that strokes occur 2 ½ times more often in people with poor dental health i.e. tooth decay, gingivitis and/or infection in the jawbone. He also suggested adaptive products to assist the recovering patient in taking care of their own dental health.

“We are grateful that Dr. Fier brought his expertise to Helen Hayes,” stated Mary Creagh, Helen Hayes Hospital Director of Public Relations, “Members of our different support groups benefit from the expertise of guest presenters, such as Dr. Fier.”

Fier went further to explain the synergies between oral and systemic health for Women, Men & Children:

Women's Health

In women's health issues, for example, a thorough routine exam can help detect early signs of oral cancer, heart disease – the number one killer of women in the U.S. today, and diabetes or osteoporosis. Mothers with poor oral health run a significantly higher risk of delivering babies prematurely. Dr. Steven Offenbachler, professor at the University of North Carolina, found that mothers with periodontal (*gum & bone*) disease were seven times more likely to deliver preterm, low birth weight babies.

Men's Health

For men, a thorough routine dental examination is imperative. A dentist can detect early warning signs of osteoporosis by noting bone loss around teeth. Preventive maintenance can help avoid tooth loss, and early detection of any type of cavity can help a man keep his own teeth and avoid costly replacement teeth.

Children & Youth

For children the early visit is vital. Dental visits and a good oral health routine at an early age, affect a child's overall health in many ways. If a good oral health routine is instilled at an early age, healthy smiles are likely to last a lifetime.

Dr. Fier is a graduate of New York University College of Dentistry and maintains private practices in Pomona and Yonkers. He is a renowned lecturer both in the United States and internationally, a contributing editor for Dentistry Today and Reality, and has appeared in the Cosmetic Dentists section of New Beauty magazine, a publication devoted to appearance- related procedures. Dr. Fier has practiced dentistry in the New York metropolitan area for more than 30 years. To learn more about his cosmetic, family, and implant dentistry visit www.SmileRockland.com, or www.drfierdds.com, or call (845) 354-4300 in Rockland and (914) 237-8700 in Westchester. The Rockland office is conveniently located in Pomona at 972 Route 45, and the Westchester practice is at 928 McLean Avenue, Yonkers.