

# Dr. Little's Dental News

Presented by Jeffery Little, D.D.S.



## THE DASH FOR BETTER DENTAL HEALTH

If you are not already familiar with the Dietary Approaches to Stop Hypertension (DASH) diet, it is designed to reduce blood pressure by reducing salt intake and eating healthy foods such as vegetables, fruits, and low-fat dairy foods, along with moderate amounts of whole grains, fish, poultry, and nuts. Not only does the DASH diet effectively combat hypertension, but it has also been found to improve dental health in men. According to a study involving 533 men between ages 47 and 90 over a 20-year period, men following the DASH diet were 30 percent less likely to develop "root cavities," which occur when receding gums expose root surfaces. The roots are

vulnerable to decay because they are not protected by enamel.

We believe a healthy diet is as important in a strong defense against tooth decay as diligent brushing, flossing, and professional cleanings. We also believe our skilled and dedicated dental team is one of our greatest assets, and our high standards of quality and integrity sincerely motivate us to achieve the best results for our family of patients. If it's been awhile since your last visit, why not call for an appointment today?

P.S. Root cavities can be minimized by treating the gum disease that causes gum recession.

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*Dr. Little provides quality family and cosmetic dentistry.*

*His office is located at 344 Placerville Dr., Suite 19, Placerville.*

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