

## Dental Health vs. Your Overall Health...

### It's all connected.

Whenever new scientific information emerges that I feel is important, I try to promptly share it with you through these letters. Once again the health implications of Periodontal Disease have made the news.

Harvard University researchers have published a study showing that men who suffer from Periodontal Disease (bleeding gums) have a 63% increased incidence of prostate cancer. Moreover, the risk of developing prostate cancer significantly increases after the age of 65.

Please alert those you love and stress to them the importance of maintaining regular dental checkups. Prostate cancer remains the second most common cause of cancer deaths among men. According to the American Cancer Society, when final figures are tallied, nearly 200,000 new cases will have been diagnosed in 2009. The presence of prostate cancer is usually discovered during routine blood work that reveals an elevated prostate-specific antigen (PSA) level. The symptoms to be aware of include:

- Frequent urges to urinate, especially at night.
- Difficulty starting urination or holding it back.
- Weak or interrupted urinary flow.
- Painful or burning urination.
- Blood in urine.
- Recurrent, persistent pain or stiffness in the lower back, hips, or upper thighs.

Here is yet one more reason to maintain good oral health. Periodontal Disease can be avoided through proper care of your teeth and gums with regular check ups. This is just good *preventive medicine*.

Let me hasten to add that I have long been a strong proponent of maintaining good nutrition. And, yes, I favor nutritional supplementation.

My profession involves daily, careful observation of human mouth tissue. This is where many health problems are most often first detected. I can assure you there is indeed a difference in the mouth tissue of a patient who pays careful attention to what they eat and one who does not. I also can see a difference in patients who take nutritional supplements. I am convinced that supplements can make a difference in our overall health -- and -- our ability to fight off disease and the effects of aging.

The subject of the established link between periodontal disease and cancer, diabetes, heart disease and other health problems logically leads to a discussion of *prevention*. And what, exactly, should you and I be doing to remain healthy and look and feel our best?

Nutritional science continues to advance, responding to the concerns and needs of our aging population. Recently, I have been made aware of a breakthrough in nutritional science that I would like to share with you. It's called **Custom Essentials**. You may pick up a free brochure in our office or email me at [info@jkdds.com](mailto:info@jkdds.com) for complete details.

Basically **Custom Essentials** is a customized multivitamin that targets your body's needs based upon the results of metabolic urine testing, done in the privacy of your home.

- Each formulation is based upon an individual's needs as determined by age, sex, lifestyle habits and laboratory testing.
- The "**Priva Test**", the simple in-home urine test, is an accurate, scientific way to take a snapshot of the most critical metabolic markers in your body's natural waste fluids to determine the status of your nutritional health and your body's natural ability to detoxify itself.
- Provides a daily tune-up for all of your vital systems. While most other multivitamins contain less than 20 ingredients, Custom Essentials is a blend of up to 50 pharmaceutical grade vitamins, chelated minerals, amino acids and phytonutrients. These ingredients are designed to stay in your body longer and many are already in their "active" form, which means they go to work immediately to detoxify, provide digestive support and increase energy production.

Custom Essentials is a highly beneficial regimen. I use it. I recommend it to you for your consideration. Again, we are here to help and advise you. Call for your appointment at 212-838-8230.

In health,  
Jason S. Kasarsky  
and staff

**P.S. A recent report by two Harvard University researchers in the prestigious Journal of the American Medical Association (JAMA) stated in no uncertain terms that Americans need to supplement to remain healthy. Be sure to visit our web site often for useful information on these and other important topics. [www.jkdds.com](http://www.jkdds.com).**