

# Oral Health, Wellness and Longevity - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/wellness-and-longevity/>

## Details:

Oral Health, Wellness and Longevity - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 our services

Oral Health, Wellness and Longevity Your mouth is the gateway to your health. The evidence is clear. Dr Yasmin Coulthard (DEN0001023302) Registered Dentist, General Registration Your dental health is not separate from your health. For many years, dentistry focused primarily on treating teeth. Today, we understand that oral health is deeply connected to overall health and wellbeing. Over the past two decades, research from some of the world's leading medical institutions has shown that what happens in your mouth can influence far more than your smile. Chronic oral inflammation has been linked with conditions including cardiovascular disease, diabetes, dementia, adverse pregnancy outcomes and respiratory illness. The health of your mouth also affects your ability to eat a nutritious diet, breathe well, sleep well and maintain your quality of life as you age. This page brings together the latest evidence in plain language and explains how a proactive, multidisciplinary approach to oral health can help support not only your smile, but your long-term health and longevity. The Research: Teeth and Life Expectancy The evidence on tooth loss and longevity is striking – and it deserves to be taken seriously. Researchers at Boston University followed thousands of men over many years and found that those with periodontal disease were at significantly greater risk of dying earlier than their peers with healthy gums. The finding was so striking that it was informally summarised in the medical community as “floss or die” – a phrase that stuck because it captured something real. More recently, a 2026 Japanese longitudinal study tracking older adults over time found that poor oral health was among the strongest predictors of both mortality and the need for residential nursing care – outweighing many other commonly cited risk factors. None of this is cause for alarm. It is cause for action. These are things you can change. And the earlier you act, the better your odds. A landmark study published in the Journal of Dental Research found that people who had lost all their teeth had a 30% higher risk of death compared to those who retained most of their natural teeth. The finding held even after adjusting for socioeconomic factors and general health status. How Your Oral Health Affects Your Body Your mouth is the entry point for everything that enters your body. It is also home to over 700 species of bacteria – most of them harmless, some of them not. When the balance tips – through gum disease, infection, or chronic inflammation – the consequences extend well beyond your teeth. Heart Disease Bacteria from infected or inflamed gums can enter the bloodstream and travel to the heart and arteries. Research published in the American Heart Association's journal has identified periodontal bacteria embedded within cardiovascular plaque – the same plaque that contributes to heart attack and stroke. The

relationship between gum disease is now considered significant enough that cardiologists and periodontists are beginning to coordinate care.

### Diabetes

The connection between diabetes and oral health runs in both directions. Uncontrolled blood sugar creates an environment in which gum disease worsens more rapidly. At the same time, untreated gum disease makes blood sugar harder to regulate – creating a cycle that is difficult to break without addressing both conditions together.

### Dementia and Alzheimer's Disease

The National Institute on Aging in the United States published a large study linking chronic gum disease with a measurably elevated risk of dementia. Separately, in 2019, researchers writing in *Science Advances* reported finding *Porphyromonas gingivalis* – a key bacterium associated with gum disease – in the brain tissue of patients with Alzheimer's disease. The mechanism is still being studied, but the association has been replicated across multiple research groups.

### Pregnancy

Multiple studies have found an association between periodontitis and adverse pregnancy outcomes, including preterm birth and low birth weight. For women who are pregnant, planning a pregnancy, a periodontal assessment is increasingly considered part of comprehensive prenatal care.

### Oral Microbiome and Gut Health

A healthy oral microbiome is one of the foundations of lifelong health. By reducing harmful bacteria, treating chronic infection and maintaining healthy gums, we can lower the bacterial burden within the mouth and support a healthier environment for both your oral health and your overall wellbeing. The treatments below focus on protecting and restoring this important ecosystem.

### The three pillars of oral health, wellness & longevity

At Smile Solutions, longevity-focused dental care is not a single treatment. It is a systematic approach to reducing the bacterial, structural, and functional risks that compromise your health over time. Here is what a comprehensive wellness-focused dental plan involves.

#### Pillar 1: Oxygen, Breathing & Sleep Why It Matters

How well you breathe—particularly while you sleep—has a significant impact on every system in your body. Dental conditions such as obstructive sleep apnoea, bruxism (teeth grinding), and temporomandibular dysfunction (TMD) are among the most common, and often most treatable, causes of disrupted breathing and poor-quality sleep. The effects extend far beyond your mouth. Poor breathing and untreated sleep disorders have been linked to cardiovascular disease, hypertension, stroke, type 2 diabetes, depression, anxiety, and cognitive decline. In children, untreated airway problems can also affect normal facial growth and development and may contribute to symptoms that resemble ADHD.

#### Clinical Focus

Ensuring adequate oxygen intake and restorative sleep through proper airway function and neuromuscular balance.

#### Key Conditions We Addressed

- Obstructive sleep apnoea (OSA)
- Upper airway resistance syndrome
- Snoring
- Bruxism (night grinding)
- TMD (temporomandibular dysfunction)
- Jaw clenching and muscle tension
- Disrupted REM/non-REM sleep cycles
- Chronic intermittent hypoxia
- Paediatric sleep-disordered breathing (distinct presentation to adults)

#### Health Impact

- Cardiovascular disease
- Hypertension
- Stroke and atrial fibrillation
- Type 2 diabetes
- Obesity
- Depression and anxiety
- Cognitive decline
- Impaired immune function
- Accelerated biological ageing
- Impaired facial growth and development (paediatric)
- ADHD symptom exacerbation, behavioural and educational impacts (paediatric)

#### Our Clinical Team

- Sleep physicians
- TMD Clinic
- Specialist prosthodontists
- Specialist orthodontists
- Oral and maxillofacial surgeons
- Osteopaths
- Myofunctional therapists
- Specialist paediatric dentists

#### Our Diagnostic Technology

- TMJ and muscles of mastication examination
- Occlusal analysis
- EMG muscle mapping
- Bite force analysis and heat mapping of the occlusion
- CBCT 3D airway imaging
- Polysomnography (sleep study)

#### Our Key Treatments

- Optimisation of occlusion during function
- Occlusal equilibration, balancing and removal of non-working side interferences
- Establishment of stable centric occlusion and its functional relationship with centric relation
- Mandibular advancement splints
- Bruxism splints (various designs)
- Orthodontic arch expansion (adult)
- Early orthodontic intervention and jaw expansion for paediatric airway development
- Corrective jaw surgery (orthognathic)
- Myofunctional therapy
- Osteopathic treatment
- Laser airway reshaping

#### Home Care

- Wearing of prescribed splints
- Nasal breathing retraining
- Magnetic nasal dilators (upper respiratory airway opening)
- Mouth taping during sleep (where indicated)
- Postural pillow usage
- Heat packs for muscle management
- Myo Munchee jaw exercise
- Myospots tongue posture training
- Sleep hygiene education

#### Pillar 2: Healthy Microbiome of the Mouth Why It Matters

Your mouth is home to hundreds of different species of bacteria, many of which play an important role in maintaining good oral health. However, when this balance shifts towards harmful bacteria—due to gum disease, hidden infections, or failing dental restorations—the effects can extend well beyond your teeth and gums. Research has shown that oral health is closely connected to

overall health. Harmful oral bacteria have been identified in atherosclerotic plaque associated with cardiovascular disease, while *Porphyromonas gingivalis* ( *P. gingivalis* ), a bacterium commonly linked to periodontal disease, has also been found in the brain tissue of people with Alzheimer's disease. The oral–gut axis further highlights the connection between oral health, digestive health, and immune function, and periodontal disease and diabetes are known to have a two-way relationship, with each condition increasing the risk and severity of the other. Clinical Focus Rebalancing the oral microbiome to reduce pathogenic bacterial load and its systemic consequences. Key Conditions We Address Periodontal disease (gingivitis, periodontitis) Dental abscesses (hidden/silent) Failing root canal infections Bacterial leakage from old restorations Oral dysbiosis Partially erupted wisdom teeth (anaerobic pockets) Gum recession (exposed root bacterial adhesion) Health Impact Alzheimer's disease and dementia (*P. gingivalis* found in brain tissue) Cardiovascular disease (oral bacteria in atherosclerotic plaque) Diabetes (bidirectional relationship) Adverse pregnancy outcomes Gut dysbiosis (oral-gut axis) Chronic systemic inflammation Compromised immune function Our Clinical Team Specialist periodontists Specialist endodontists Dental hygienists Oral health therapists Oral and maxillofacial surgeons General dentists (restorative) Our Diagnostic Technology Periodontal probing and charting Microbiological flora analysis Bacterial culture and identification CBCT imaging (hidden abscesses) Root canal integrity assessment Marginal restoration assessment Our Key Treatments Ceramic restorations (CEREC same-day and Smile Lab handcrafted) Dental implants Endodontic retreatment Invisalign and orthodontic alignment Corrective jaw surgery (orthognathic) Occlusal equilibration, balancing and removal of non-working side interferences Restoration of functional occlusion and stable centric occlusion Impacted tooth removal Home Care Oral B iO electric toothbrush NeutraFluor 5000 toothpaste Interdental brushes (TePe) Tongue scraping Recaldent gum / Tooth Mousse Dr Kia's 10-step guide on smileonline.com.au Smile Online curated products Pillar 3: Functional Restoration, Occlusion & Lifelong Nutrition Why It Matters Your teeth play a vital role in helping you eat a nutritious, balanced diet. When they are affected by decay, tooth loss, or bite problems, chewing can become difficult, making it harder to enjoy a wide variety of healthy, nutrient-rich foods. Over time, this can have a significant impact on your overall health and wellbeing. The effects of poor oral function extend beyond the mouth. Research has shown that tooth loss is associated with nutritional decline and an increased risk of mortality. Reduced chewing ability can contribute to protein deficiency, muscle loss, and an increased risk of cardiovascular disease. In older adults, maintaining a functional set of teeth is closely linked to independence, good nutrition, and a higher quality of life. Clinical Focus Creating and maintaining a dentition that is structurally sound, precisely aligned, functionally balanced, and capable of sustaining quality nutrition for life. Key Conditions We Address Failing and leaking restorations Tooth decay and structural loss Missing teeth Crowded and impacted teeth Malocclusion (bite imbalance) TMJ deterioration Reduced chewing capacity Skeletal jaw discrepancies Dietary decline with ageing Health Impact High mortality in edentulous patients Malnutrition risk (tooth loss as predictor of nutritional decline) Sarcopenia (muscle wasting from protein deficiency) Cardiovascular disease (high-sugar compensatory diet) Cognitive decline (poor nutrition) Diabetes exacerbation Loss of independence in old age Our Clinical Team Specialist prosthodontists Specialist orthodontists Specialist periodontists (implants) Oral and maxillofacial surgeons Specialist endodontists General dentists (restorative) Smile Lab ceramists Our Diagnostic Technology Full occlusal analysis Digital bite force mapping CBCT 3D imaging Digital scanning (iTero/3Shape) CEREC digital design Comprehensive treatment planning Nutritional impact assessment Our Key Treatments Ceramic restorations (CEREC same-day and Smile Lab handcrafted) Dental implants Endodontic retreatment Invisalign and orthodontic alignment Corrective jaw surgery (orthognathic) Occlusal equilibration, balancing and removal of non-working side interferences Restoration of functional occlusion and stable centric occlusion Impacted tooth removal Home Care Regular professional hygiene Personalised home care regimen Dietary quality awareness Ongoing occlusal monitoring Hard food capacity maintenance (nuts, seeds, lean meats, raw vegetables) How the Layers Connect Sleep and breathing problems dry the mouth, shifting bacterial balance toward disease causing species Chronic oral infection increases whole-body inflammation, compounding cardiovascular stress from poor sleep Well-rested, aligned teeth are easier to keep clean – structural work directly supports microbiological health Proper bite alignment reduces grinding and opens the airway, supporting both

sleep and long-term function When all three layers are addressed together, you have the foundation for lifelong oral and systemic health. Oral health influences far more than your smile. By protecting your airway, maintaining a healthy oral microbiome and preserving a strong, functional dentition, we can help support not only your oral health, but your overall wellbeing for decades to come. Experience You Can Trust 80 Clinicians 25 Specialists 300000 Patients Seen 33 Years of service Eat well, live well: why your teeth determine your diet There is a dimension to this conversation that rarely gets enough attention. Your teeth are not just aesthetic. They are functional tools – and what those tools allow you to eat has a direct bearing on how well you age. A full, functional set of teeth allows you to eat nuts, seeds, raw vegetables, whole grains, lean meats, and fibrous fruits. These are the foods that research consistently links to longer, healthier lives. They require chewing capacity to consume properly. As teeth are lost or progressively deteriorate, people naturally – and often unconsciously – shift their diet toward softer foods. Processed carbohydrates. Soups. White bread. Over cooked vegetables. Foods that are easy to manage but calorie-dense and nutrient-poor. The nutritional quality of a person's diet often tracks closely with the condition of their dentition. This is not a vanity argument. It is a practical one. Being able to bite into an apple, eat nuts and seeds, and genuinely enjoy a nutritious meal at 80 the way you did at 30 – that is a quality-of-life outcome worth planning for. And it starts now. A study from Rutgers University found that tooth loss is a significant indicator of malnutrition risk in older adults – a finding with serious implications for healthy ageing across the population. “Preserving your teeth is not just about your smile. It is about preserving your ability to nourish your body for life.” Take the first step towards lifelong oral health. Book a comprehensive consultation with the multidisciplinary team at Smile Solutions to discuss your oral health, overall wellbeing and long-term treatment goals. Book an appointment today Contact Us Frequently Asked Questions What is wellness dentistry? Wellness dentistry is an approach that recognises the connection between your oral health and your overall health. Rather than simply treating individual teeth, it focuses on preventing disease, reducing chronic inflammation, preserving healthy teeth and supporting lifelong wellbeing. At Smile Solutions, this includes optimising airway and sleep health, maintaining a healthy oral microbiome, and preserving a strong, functional dentition that supports good nutrition and healthy ageing. How is wellness dentistry different from traditional dentistry? Traditional dentistry often focuses on diagnosing and treating individual dental problems such as cavities, broken teeth or gum disease. Wellness dentistry takes a broader, more preventive approach by considering how your oral health may influence your overall health. Our multidisciplinary team works together to identify and manage factors that may contribute to chronic inflammation, impaired breathing, poor nutrition and long-term health outcomes. Is there scientific evidence linking oral health and general health? Yes. A growing body of research has established links between poor oral health and a range of systemic conditions, including cardiovascular disease, diabetes, dementia, respiratory disease and adverse pregnancy outcomes. While maintaining good oral health cannot prevent these conditions on its own, reducing chronic oral inflammation and treating active dental disease are recognised as important components of overall health management. What is the oral microbiome? The oral microbiome is the community of more than 700 species of bacteria that naturally live in your mouth. In a healthy mouth these bacteria exist in balance and help protect your teeth and gums. When this balance is disrupted by gum disease, tooth decay or untreated infection, harmful bacteria can multiply, contributing to chronic inflammation. Maintaining a healthy oral microbiome through regular professional care and good home hygiene supports both your oral health and your overall wellbeing. How does sleep affect oral health? Sleep and oral health are closely connected. Conditions such as obstructive sleep apnoea, snoring, teeth grinding (bruxism) and temporomandibular disorders (TMD) can affect your teeth, jaw joints and muscles while also impacting your general health. Poor-quality sleep has been associated with increased inflammation, cardiovascular disease and reduced quality of life. Our multidisciplinary team works together to assess and manage airway, sleep and jaw-related conditions as part of a comprehensive approach to health. Can improving my oral health improve my general health? Maintaining good oral health can help reduce chronic inflammation and the bacterial burden associated with gum disease and untreated dental infection. While dental treatment is not a cure for medical conditions, improving your oral health is an important part of supporting your overall wellbeing. Good oral health also helps preserve your ability to eat a nutritious diet, sleep well and maintain your quality of life as you age. Is this approach

suitable for children? Yes. Building healthy habits early in life provides the foundation for lifelong oral and general health. Our multidisciplinary team works with children and families to promote healthy jaw development, support airway health, prevent dental disease and encourage positive oral hygiene habits. Early intervention can often reduce the need for more complex treatment later in life. Who will be involved in my care? Depending on your individual needs, your care may involve a team of experienced clinicians working together under one roof. This may include dental hygienists, general dentists, board-registered specialist periodontists, orthodontists, prosthodontists, endodontists and oral and maxillofacial surgeons, as well as our in-house osteopath, myofunctional therapist and, where appropriate, collaboration with your GP, medical sleep physician or in-house naturopath. This collaborative approach allows us to develop a personalised treatment plan that supports both your oral health and your overall wellbeing. What does a wellness consultation involve? Your consultation begins with a comprehensive assessment of your oral health, medical history and treatment goals. Depending on your needs, this may include a periodontal assessment, digital imaging, evaluation of your teeth and existing restorations, assessment of your bite, jaw function, airway or sleep health, and discussion of your long-term oral health goals. From there, we develop a personalised treatment plan focused on reducing disease, preserving healthy teeth and supporting your long-term health and wellbeing.

Contact Us Contact Us " \* " indicates required fields Full Name \* Phone Number Email Address \* Enquiry Type \* General & Cosmetic Dentistry Orthodontics & Invisalign® Specialist Care Do you have private health insurance with dental cover? Yes No Your Message \* 0 of 600 max characters Send Message Send Message > Δ Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now Notifications