

Robert B. Gerber, DDS  
A Professional Corporation  
Tower Dental Group  
Tower Dental Implant Center  
Cedars-Sinai Medical Office Towers  
8631 West Third Street, Suite 730-E  
Los Angeles, CA 90048-5911

Here's your  
dental newsletter

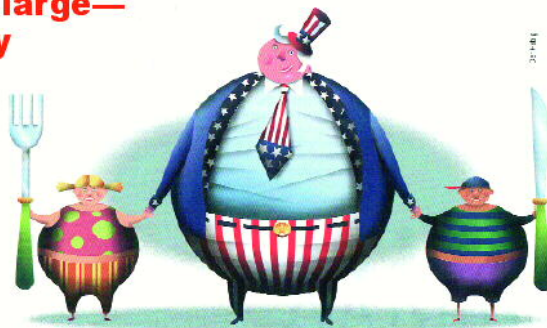
PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
MAILED FROM ZIP CODE 17543  
PERMIT NO. 30

© Copyright 2008. Newsletters, Ink. Corp. Printed in the U.S.A. www.NewslettersInk.com

## Overfed but undernourished

**Americans are living large—  
but not in a good way**

The United States has been considered the land of milk and honey. But judging from the size of Americans' waists, we are the home of milk chocolate the size of bricks and honey-drenched cereals.



An estimated 160 million American citizens are dining out mostly in fast-food restaurants. So what's eating America? Smoking cessation, medications, and insufficient sleep are among the other contributors to our overweight and obese population. In addition, genetics, illness resulting in limited activity, food companies marketing to young children, and fast food with inexpensive cost and expanded portions, as well as 24/7 availability, are all factors.

In short, the "knife and fork" have become "weapons of mass destruction" for us and our children. The statistics are frightening; 1 in 5 children are overweight, and 1 in 3 children are at risk for type 2 diabetes. There are some projections suggesting that today's kids will not live as long as their parents.

The fact is, Americans are overfed but undernourished with foods that are calorie dense but not nutritionally dense. Being overweight or obese (Body Mass Index of 30+ for obesity) has the potential for significant dental consequences:

- Poor food choices and habits can increase the decay rate of teeth.
- Signs of iron or vitamin deficiencies may occur.
- Conditions of glossitis (inflammation of the tongue), stomatitis

*(continued on page 3)*

Robert B. Gerber, DDS  
Director

Telephone  
(310) 652-0450

FAX  
(310) 652-0458

email  
rbgdds@aol.com

Cedars-Sinai  
Medical Office Towers  
8631 West Third Street  
Suite 730-E  
Los Angeles, CA 90048-5911

Lila  
Dental Hygienist

Narine  
Dental Hygienist

Elena  
Dental Hygienist

Karen  
Office Manager

Ruth  
Treatment Coordinator

Marjorie  
Dental Assistant