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FEMALE SUGARY DRINK CONSUMPTION LINKED TO CVDs

Drinking one or more sugary beverages a day was associated with a nearly 20% greater likelihood of women having a cardiovascular disease compared to women who rarely or never drank sugary beverages, according to new research¹ published in the *Journal of the American Heart Association*, an open access journal of the American Heart Association.

In the large, ongoing California Teachers Study, which began in 1995, drinking one or more of any type of sugary beverage

daily was associated with a 26% higher likelihood of needing a revascularisation procedure, such as angioplasty to open clogged arteries, and a 21% higher likelihood of having a stroke compared to women who rarely or never drank sugary beverages. Sugary beverages in this study were defined as caloric soft drinks, sweetened bottled waters or teas and sugar-added fruit drinks, not 100% fruit juices.

The study included more than 106,000

women, with an average age of 52, who had not been diagnosed with heart disease, stroke or diabetes when they enrolled in the study.

Reference

1. Pacheco L S, Lacey Jr J V, Martinez M E *et al*. Sugar-sweetened beverage intake and cardiovascular disease risk in the California Teachers Study. *J Am Heart Assoc* 2020; **9**: e014883. doi: 10.1161/JAHA.119.014883.

LETTER

Dear Editor

I just wanted to say that the article *Why mouth care matters in end of life care* by Sarah Haslam (published in the March issue of *BDJ Team* and highlighted on the *BDJ Team* Facebook page in May: <https://www.nature.com/articles/s41407-020-0255-7>) really hit home with me as I too had to help my dad, in his final weeks, with his oral care. It was no reflection of poor care, as all the nurses were doing an amazing job providing care and support, more a lack of frequency and knowledge of how to do a seemingly simple job but on another person, which made it a difficult job.

I know that elderly, care home and palliative patients will be foremost in our minds under present conditions. Maintaining dental hygiene really does give some much craved dignity in the final weeks.

Thank you for highlighting this area of end of life care.

Judith Doherty, Dentist and Co-Owner of Inverurie & Kintore Dental Practice, Aberdeenshire

FEATURE

Why mouth care matters in end of life care

Month Care Lead Sarah Haslam says that caring for the mouth in patients approaching the end of their life maintains their comfort, self-esteem and dignity.

Dignity is an advanced right, and care is one of the first things to go if oral care when mouth care is essential?

I remember being told by a colleague about a patient who was approaching the end of his life and asked me to help with his oral care. He was a comfortable man but his mouth was a mess. He was always stuck with me, as I highlighted how important it was to have good oral care in the final weeks of life. The article was published in the March issue of *BDJ Team* and I was so pleased to see it highlighted in the March issue of *BDJ Team* and I was so pleased to see it highlighted in the March issue of *BDJ Team*.

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FEATURE

I remember being told by a colleague about a patient who was approaching the end of his life and refused to kiss his wife goodbye because he was so embarrassed about his mouth. That story has always stuck with me, as it highlights how important someone's mouth care is to them.

It is also important to be sensitive to the needs of the patient and their family, and to be sensitive to the needs of the patient and their family.

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