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~Eubie Blake
“Your body is the ground and metaphor of your life, the expression of your existence.”
~ Gabrielle Roth

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The Mouth Body Link: Make the Connection for Your Patients

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WELLNESS: the VALUE ADDED PRACTICE

Patients seek treatment for obvious reasons: to get their teeth cleaned, to have a filling repaired, to find a solution for their bad breath, to whiten their smile, and to care for their growing family’s dental needs. Some are even Googling the words: “oral health” the night before their dental appointments; so you can bet your favorite Hu Friedy scaler they will feel re-assured if their favorite dentist or hygienist is up-to-date with current information. As health care providers, we have an important obligation to help them not only get “what they want” but also “what they need.”

Unless you have your head in the sand, you probably have heard about the growing body of research establishing a connection between oral infection and systemic disease (2). Scholarly articles, conferences, books, websites and even Facebook pages (Oral Systemic Connection-Advanced Dentistry) are dedicated to the subject. But it’s a two way street. October 2012, the cover of one of Canada’s national dental journals Oral Health read, “Obesity and Periodontal Disease.” The lead article showed a strong connection between oral inflammation and a person’s body fat levels. This is all so very fascinating. For years scientists have thought body fat just sat there as a source of extra energy. It is now researchers realize it acts like an organ releasing inflammatory cytokines and other toxic neurotransmitters.

Iain Chapple, PhD, reported in JADA 2009 that traditional management is not sufficiently reducing incidence of disease when it comes to periodontitis. Research is shifting to the management of patient inflammatory response (12). The biofilm might initiate the inflammation, but Chapple goes on to write that almost all the tissue destruction comes from the host (patient) response. Dr Mehmet Oz, from The Dr. Oz Show, recently aired a segment on the subject for his army of viewers. He intrigued the studio audience with the following words: “The eye might be a window to your soul, but the mouth is the door to disease.”

Today we have a unique opportunity for our practices to be wellness centers – creating a far greater impact on the health and lives of patients. The patients in my office enjoy knowing that I am versant in overall wellness - I feel confident discussing sound nutritional principles, I recognize the value of registered massage therapists, and I refer them to medical doctors and naturopathic doctors if I feel there is a benefit. Did you know that dentists and hygienists have training in nutrition on par with medical doctors? Dentists and hygienists get semester length college course on food and
nutrition. It is definitely within our scope of practice to discuss the role of nutrition in oral health. Side note – what is good for the mouth is good for the body.

You can also have this relationship with your patients by opening the door for a wellness based conversations:
1) How many hours do you sleep each night?
2) What is your current stress level?
3) Have you ever seen a nutritionist, naturopath, chiropractor, or certified personal trainer?
4) When was the last time you saw your physician?
5) Do you drink 4-8 glasses of water per day?
6) Do you regularly eat fish or take fish oil supplements?
7) Do you take Vitamin D in the winter months?

These questions can be woven into your new patient exam or recare exam at their hygiene appointment. Responses that might influence the patients’ oral environment should be documented and shared with the dentist. For example, did you know that if the human body is chronically dehydrated it will scavenge water from the synovial fluid (think TMJ issues) and saliva (think dry mouth and cavities)? You will position yourself as someone who creates a value-added experience when you are able to explain the link between lifestyle choices and oral/systemic health.

**ESTABLISHING THE LINK**

Periodontal infection was reported to be one of the top five causes of chronic systemic inflammation by Anne St Charles PhD in Inflammation: Causes, Prevention and Control. Chronic inflammation is believed to be the underlying cause of the many “age-related” diseases (heart disease being #1).5. How about cancer? The country’s second biggest killer? Dr David Servan-Schreiber MD, PhD, author of Anti-Cancer: a New Way of Life also wrote of the new mechanisms of cancer. It focused on the fundamental but not well known role of the immune system and inflammation in the growth of tumors. 6. Helping your patients keep their teeth clean and giving them insights and instruction on the latest home care tools (ie Philips Sonicare’s new AirFloss) you will help them decrease their body’s overall inflammatory load. Oral infections have the ability to source bacteria that may precede heart disease, certain cancers, respiratory diseases, diabetes and low birth weight babies.

**LIFESTYLE RECOMMENDATIONS**

Sleep is critical to overall health. One night of missed zzz’s and even the most docile grandma turns into a bear. Disrupted sleep or sleep deficit has been shown to negatively influence your immune system. Think of all the new mothers, shift workers, exam cramming students and insomniac seniors who fill your patient roster. If their immune system is already on high alert, then it is vitally important that they keep their mouths in pristine condition. Explain that a mouth full of plaque and calculus will further stress a tired immune system – it’s like having your alarm clock ringing all day long.
Nutrition  - According to the Canadian Diabetic Association, there are two million diabetics in Canada; one million who haven’t been diagnosed and seven million pre-diabetic. Diabetics are prone to heart disease, blindness, amputation, dementia, and tooth loss. The CDC reports that the number of diabetics in America has approached 25 million. This is double the number from 1999. This is worrisome for me. Without excellent control of their blood sugar through prescription medicine or healthy eating habits and exercise, they usually experience shorter life spans. Good glycemic control (keeping blood sugar low) is key for them. Interestingly enough, recent research has indicated that regular root planing and scaling can positively influence glycemic control (3). This information could benefit up to one-third of your patients! How is that? Close to 10% of the population is diabetic. An equal number are diabetic and do not know it. And there are a large group that are pre-diabetic.

"We are all sculptors and painters and our material is our own flesh and blood and bones.”
~ Henry David Thoreau

Most patients know, a person with a clean mouth is less likely to have halitosis. So that is a slam dunk if you share the benefits of good home care and a thorough scaling and polish. There is research that shows poor hygiene is associated with an increased risk of oral cancer. Not many are aware that after controlling for cigarette smoking, periodontal disease was associated with an increased risk of kidney, lung, haematological and pancreatic cancers. 4. It can be fairly easy to share with patients during a routine hygiene appointment and let them know about new findings of the oral – systemic connection. You will be seen as a valuable ally in helping thwart systemic disease. Patients may be surprised to hear that there is a link between oral health and systemic cancers.

“The first step toward change is awareness.”
~ Nathaniel Branden

A diagnosis of cancer is one of the most feared of many patients. (7). If patients knew an additional way to possibly decrease their likelihood of getting cancer, you would think they would jump all over it. New information coming from you will empower them and help them feel they are not a passive bystander simply waiting to get “cancer.” They visit you anywhere from once to four times a year for up to an hour vs their family physician on average once a year for much shorter visits. I really enjoy my contact time with my dental patients, with our increased face to face time, we are thrust into a position of influence as key providers of health.

Gingivitis and periodontitis have been associated with adverse pregnancy outcomes for a long time. (8). It wasn’t until February 2010, when there was the first documented report linking pregnancy associated gingivitis with a death of an unborn baby that it was put in an even greater spotlight. DNA-cloning technologies were used
by the researchers and they matched the bacterium in the baby’s infected stomach/lungs with the mother’s mouth. They did note that the mother might have had a weakened immune system from a cold during the pregnancy, but it just proves the importance of the triad:

1. Excellent home care
2. Regular dental visits,
3. and a healthy immune system (host response).

For your senior patients. Who are one of the fastest growing demographics in your practice, optimal oral health is integral to overall health. The co-founder of the famous Mayo Clinic, Dr Charles Mayo stated, “People who keep their teeth live an average of 10 years longer than people who lose their teeth.” I feel this profound statement would be enough to get the attention of every person over 65. Most older people are aware of the dangers of getting pneumonia. And lackluster oral hygiene has been associated with increased amounts of respiratory pathogens in oropharyngeal secretions. Aspiration of these pathogens and failure of the host immune system to get rid of them? What happens? Pneumonia. A life threatening condition for people over 65!

“If I knew I was going to live this long, I’d have taken better care of myself” ~ Mickey Mantle

Another potential way for bacteria to enter the bloodstream is through activities of daily living: tooth brushing, eating, etc. Inflammatory chemicals and bacteria can leak from the periodontal area into your bloodstream and cause havoc in far away areas. It takes less than a minute for the blood to circulate throughout your body. 9.

Your hard-working liver spews out CRP (C-reactive protein) in response to the presence of potent inflammatory markers. It is a key marker of infection and tissue destruction. 10. If someone has a preexisting cardiovascular condition (high blood pressure, artherosclerosis, etc), it is vital that they know their mouth has a far reaching influence and there is an information highway throughout their body that knows, “If there is inflammation anywhere, it can show up everywhere.”

“If your body is the ground and metaphor of your life, the expression of your existence.”
~ Gabrielle Roth

Supplementation – Omega 3 fatty acids (found in fish oil) are good for the body and for oral health. A moderate intake of the omega 3’s can decrease the incidence of periodontal disease by up to 20% according to the Journal of the American Dietetic Association (11)

Vitamin D

There are a growing number of patients who want to hear more about their overall health. Patients are becoming label readers in the supermarkets. They are seeing These same people have a growing desire for natural foods, organic products, whole body health and people are looking from their health care professionals.(2)
Dental professionals who are not recognizing this new focus may experience challenges having their patients accept treatment. This new patient wants to know that you have a progressive outlook and are up to date regarding the whole body health and the mouth/body connection. I would suggest to attending courses at dental conferences on the oral/systemic link, nutrition, etc and taking the information back to your dental office.

Explaining the importance of regular recare / hygiene appointments and excellent home care in this way gives patients powerful reasons to put their oral health at the top of the list of daily priorities. I love to give patients at least one new piece of information along with all the routine information they receive ie brushing/flossing techniques, etc. It has great pass along value and gives your patients an opportunity to share the latest scoop with others throughout the day.

"The person who knows a great deal has a hundred eyes.”
~Tibetan proverb

5. Inflammation: Causes, Prevention and Control. Institute for Natural Resources. Health Update. Anne St Charles PhD Feb 2011
6. Dr David Servan-Schreiber MD, PhD Anti-Cancer: a New Way of Life 2008
7. www.mayoclinic.com
9. Dr Len Kravitz PhD lectures, Can Fit Pro Conference August 2011 Toronto.
10. Dr Mehmet Oz. The Dr Oz Show. www.droz.com

Dr Uche Odiatu is the co-author of Fit for the LOVE of It © 2002 and The Miracle of Health © 2009. This practicing dentist is also an NSCA and Can Fit Pro certified personal trainer and a professional member of the American College of Sports Medicine. Since 2004 Dr Odiatu has lectured at the largest dental conferences in North America and been the invited guest on over 305 TV and radio shows. www.druche.com
DIET, EXERCISE AND INFLAMMATION

INFLAMMATION

Is the body’s reaction in tissue from irritation, injury or infection. Symptoms may include loss of function and movement, pain, swelling and redness. Inflammation also plays a part in many chronic diseases i.e. heart disease and stroke.

Dioscoride - an ancient Greek doctor from 100 AD described inflammation in simple terms - CALOR, DOLOR, TUMOR, RUBOR

Traditional management practices have not been successful to decrease the incidence of periodontitis. Research direction has now shifted to include managing host mediated inflammation. JADA 2009

Inflammation is the connection to discussing the oral-body link. Inflammation is the initial response of your immune system to infection, injury or irritation.

We are holistic beings. The entire body knows when it has infection and inflammation present. When the cause of the inflammation does not go away or gets worse, the entire system may be affected: damage to blood vessels, harm to the heart, nerves and joints. 2006 American Academy of Periodontology.

Bacteria that are implicated in periodontal disease do not confine themselves to the oral cavity, but can travel all over the body. With chronic periodontitis, the body’s inflammatory system stays on alert.

Aggressive periodontitis is related to elevated CRP levels. Sun XJ et al. Elevation of C-reactive protein and interleukin-6 in plasma of patients with aggressive periodontitis October J Periodontal Research 2008

“Some men die by shrapnel
And some go down in flames,
But most men perish inch by inch,
Playing at little games.”

FROM DR ANDREW WEIL MD, Integrative Medical Expert, Arizona www.drweil.com

An important part of creating a healthy kitchen is to understand food labels. Food labels are the best resource to evaluate your cupboards. This practice will also give you an overview of your choices in the supermarket, and is a good starting point to modify your shopping habits. These ingredients are considered pro-inflammatory

www.FitSpeakers.com 1-416-558-1774 info@FitSpeakers.com
1. Animal fat, such as lard
2. Artificial sweeteners or non-nutritive sweeteners
3. Coconut oil
4. Corn oil
5. Cottonseed oil
6. Fractionated oil
7. High fructose corn syrup (HFCS)
8. Hydrogenated oil or vegetable shortening
9. Margarine
10. Palm or palm kernel oil
11. Partially hydrogenated oil (source of trans-fat)
12. Blended vegetable oils
13. Safflower oil
14. Soybean oil
15. Sunflower oil

**ANTI-INFLAMMATORY FOODS and DIETS**

**OMEGA 3 FATS** – ie walnuts, flax, fish, dark leafy vegetables, fish oil supplements.

**Foods that have Vitamin D**

**TUMERIC (commonly found in East Indian Cuisine)**

**BERRIES (all are desirable – strawberries, raspberries, etc)**

- low in sodium, calories and fat
- high in fibre, potassium, and vitamin C
- Packed with health enhancing antioxidants
- support heart health, normal blood pressure and weight loss.

Leading scientists attended the Berry Health Symposium on June 22, 2009 to present the most recent findings:
- Tufts University assistant professor, Paul Milbury, Ph.D, reported that berry anthocyanins can penetrate the blood brain barrier in rodents and can be found in brain and eye tissue of pigs after blueberry feeding.
- Spanish researchers reported that metabolites of berry ellagitannins enter the human prostate after consumption of berries.
- Cranberries can prevent urinary tract infection

- Navindra Seeram, Ph.D. assistant professor at the University of Rhode Island: “Berry compounds work on multiple mechanisms in the body. They are hitting the pro-inflammatory processes and the central pathways linked with diseases like cancer, cardiovascular disease and Alzheimer’s disease.”

**MEDITERRANEAN DIET**
- Overconsumption of any nutrient (protein, CHO, or fat can cause inflammation) ~Dr P. Dandora MD University of NY School of Medicine. Visceral fat is now known to be a metabolically active endocrine organ

- Fat released from the tissues inside the abdomen goes directly into the portal system, exposing the liver to very high amounts of free fatty acids. This can increase production of glucose, causing elevated blood sugar. ~Dr. A. Morrison, U. South FL

CALCULATE YOUR BMI

1. Weight in pounds (135)
2. Multiply by 703 (135 x 703 = 94,905)
3. Multiply your height in inches by itself (65 x 65 = 4,225)
4. Divide the answer on line 2 by the answer on line 3

\[
\frac{94,905}{4,225} = 22.47 \text{ BMI}
\]
RECENT RESEARCH

DIET, EXERCISE AND THE IMMUNE SYSTEM: David Nieman, professor of health nutrition at Appalachian State University in Boone, North Carolina (Human performance Lab). When asked what healthy people can do to boost their immunity he responded that there is nothing more powerful than regular, moderate exercise. Study showed that sick days are cut in half if you take unfit, sedentary people and have them walk briskly for 45 minutes most days of the week. Natural killer cells and neutrophils that provide the first defense against bacteria, viruses, and other invaders are circulating at a higher level every time you exercise moderately. They remain elevated for about three hours after a 45 minute walk and return to normal until next time you exercise.

The Lancet: Researchers with the Interheart study say that the higher your waist measurement relative to your hip measurement, the greater your heart attack risk. Fat in the hips and thighs do not affect the pancreas and liver, while fat cells in the abdomen do, increasing heart risk. The optimal ratios: 90% or less for men, 85% or less for women.

Journal of Nutrition: Dutch researchers (Zutphen Elderly Study) analyze the diets of close to 6,000 older men and find that carrots (rich in alpha and beta-carotene) may help reduce the risk of dying from cardiovascular disease.

The Lancet Neurology: Researchers at the Karolinska Institute in Sweden reported that exercising at least twice per week in middle age can make people 60% less likely to develop Alzheimer’s as they age. Walking and cycling were most popular exercises.

Chicago Health and Aging Project (lead researcher – Martha Morris, Sc.D.) tracked more than 3,700 men and women over 65 years old and tested mental acuity after 3 years and 6 years. Researchers found that people who ate about three servings of veggies a day (esp. green leafy type) kept their mental abilities 40% longer than those who ate less than one daily. Nurses Health Study looked at more than 13,000 women and found that those who ate the most green leafy and cruciferous veggies experience slower mental decline than women consuming the least.

EXERCISE

Resistance Training (some simple guidelines)

- 2 – 3 times / wk
- 8 – 12 repetitions
- 1 warm-up set
- 1 – 2 challenging sets
- 30 minutes
GLOSSARY FOR RESISTANCE TRAINING:

**Strength training** – resistance using free weights, machines, bands, bodyweight, Pilates and yoga. Include strength training for upper body, core (abdominal and trunk) and lower body. Start session by warming up with elliptical, treadmill, or walking. For beginner only use one set and use 12-15 repetitions. The goal is to fatigue the muscle until you can no longer do the exercise with controlled form.

**Cross Training** – allows you to rest your active sport muscles while training other muscles.

**Start with light resistance** – Leave your ego in the locker-room! Gain mastery over the movement before attempting a heavier weight and you will enjoy a lifetime of weight training.

**Breathing** – Do not hold your breath while resistance training. This can be dangerous and is an indication that the load may be too heavy for you. Maintain a steady breathing pattern throughout the exercise. A certified trainer can help you to learn how to exhale while you are doing the most work, which is the most effective way to breathe during weight training.

**Don’t lock your elbows and knees** - Your knee and elbow joints should be soft, or slightly flexed (bent) – avoid “locking” these joints.

**Aim for a slow, and steady movement speed during exercises.** This has been proven to fire more muscle fibres and is much safer.

**Engage your core** – or pull your abdominal muscles in (belly button to spine) – This will build up the strength of your midsection and will ensure good posture throughout your exercises.

**Train within the Rep Range** – If the rep range is 8 – 10, choose a weight that you can lift 8 times, but not more than 10.

**Hire a trainer** – If you have any doubts or concerns about your exercise technique, this will be one of the best investments you will make!

**Anti-Aging Benefits**

- New study, published in May 2007, says resistance exercise for people 65 and older can actually reverse important aging effects on skeletal muscles, to the point where they work genetically like those found in people four decades younger (McMaster University; supported in the U.S. by the National Institute of Health. Published online in the Public Library of Science PLoS One)

- Maintenance of physical activity throughout life and successful aging go hand in hand; this was one of the strongest correlations found in the MacArthur Foundation’s Study of Aging in America, as reported in 1998 in the book *Successful Aging*. 
H.I.I.T.

High Intensity Interval Training
- Alternate hi and low intensity work during
  (allows body to recover between intense bouts)
- Most programs in past focus on steady state activity.

H.I.I.T. has advantages:
1. Cardiovascular improvement is intensity dependent
2. Superior for weight loss due to total % of calories burnt in each session
3. Uses lipids (fats) for fuel
4. Greater Growth Hormone (youth hormone) response
5. Increased AFTERBURN post exercise
6. Time-efficient

CAUTION: adjust ratios for detrained people, general population. These studies focused on athletes

SAMPLE H.I.I.T. WORKOUT:

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Schroenfeld, B., Dawes, J. “High Intensity Interval Training: Applications for General Fitness Training.” Vol 31 No 6 pp44-45
Strength and Conditioning Journal December 2009
Healthy Body – Healthy Mouth: Decrease *Inflammation in Your Body*

- **Eat a healthy diet rich in fresh fruits and vegetables** to support good health and healing. Foods rich in refined carbohydrates are major causes of chronic inflammation. *J. AM Coll Cardiol* 2008. Snacking on high fat, high sugar food all day leads to chronic inflammatory pathogens *J. AM Coll Cardiol* 2008. Diet induced hyperlipidemia creates oxidative stress and inflammation. *Circ* 2005

- **Limit or avoid processed meats:** lunch meats, hot dogs and sausages contain nitrites and sulphites that are associated with increased inflammation. ~ *Western Regional Dental Conference presentation The Body – Mouth Connection March 5th 2010*

- **Limit or avoid high glycemic foods** or “JUNK FOOD” as they support inflammation in your body. *From the Department of Clinical Nutrition, Food and Health Research Centre, University of Kuopio, Finland May 2008*

- If you like fish and are not allergic to sea food, **aim to eat 2-4 servings of fish a week.** This helps to decrease inflammation in your body. If it is not convenient to cook fish, purchase a fish oil supplement. 1000 mg of fish oil a day has been suggested by experts for a healthy person. (SPECIAL NOTE: People who are on blood thinners should not consume omega 3 supplements or fish oil capsules without their doctor’s approval). ~ *You – Staying Young. Dr Mehmet OZ © 2007 Simon and Schuster*

- **Aim to reach or maintain a healthy weight.** Even a 5% weight loss in an overweight person may get a reduction in CRP, interleukin-6 and other markers of inflammation.” ~ *University of California Davis Medical Center in Sacramento*

- **Get a good night sleep.** A single night of disrupted ZZZZ’s can stimulate inflammation in your body. *Biological Psychiatry, Volume 64, Issue 6* (September 15, 2008), published by Elsevier.

- **Maintain a regular exercise program.** *Researchers at Emory University School of Medicine in Atlanta* (Nov 2007) who measured the effects of an eight-week yoga regimen on 19 heart failure patients found the exercise routine reduced markers of inflammation.

- **Aim for more balance in your life by relaxing and managing stress.** Men with high levels of hostility, anger and depression show increases in a key marker of inflammation over time. *Brain, Behavior and Immunity, August 2007.*
RESOURCES

FitSpeakers Recent Reads:

**SPARK** by Dr. John Ratey

**Anti-Cancer** by David Servan-Schreiber, M.D., Ph.D.

**The Okinawan Program** by B.J. Willcox, M.D., D. Craig Willcox, Ph.D., Makoto Suzuki, M.D.

**Beer Belly Blues** by Brad King

**The China Study** by T. Colin Campbell, Ph.D. & Thomas M. Campbell

**Foods That Fight Cancer** by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.

**Eating Well, Living Well** by Richard Beliveau, Ph.D. & Denis Gingras, Ph.D.

**In Full Bloom** by Ilchi Lee and Jessie Jones, Ph.D.

**Get the Sugar Out** by Ann Louise Gittleman, Ph.D., C.N.S.

**The Brain Wash** by Michelle Schoffro Cook

Old Favorites

**The Path to Phenomenal Health** by Sam Graci

**Heal Your Body** by Louise Hay

**Healthy Aging** by Dr. Andrew Weil

**Body For Life** by Bill Phillips

**Anatomy of the Spirit** by Caroline Myss PhD

**Journey Into Healing** by Dr Deepak Chopra

**You: the Owner’s Manual** by Michael F. Roizen, M.D. & Mehmet C. OZ, M.D.

**Fit to Lead** by Christopher Neck, Ph.D.; Tedd L. Mitchell, M.D.; Charles C. Manz, Ph.D.; & Emmet C. Thompson, D.S.L.

**How to Eat, Move and be Healthy** by Paul Chek

**The Power of Intention** by Dr. Wayne W. Dyer

**The Mars & Venus Diet & Exercise Solution** by John Gray, Ph.D.

**Yoga: The Spirit and Practice of Moving Into Stillness** by Erich Schiffmann

**IMPORTANT NOTE:** Always obtain your doctor’s permission before beginning any exercise program or making changes to your diet or nutritional program.
WHAT IS YOUR #1 BURNING NUMBER HEALTH / DIET QUESTION?

PRINT YOUR NAME CLEARLY HERE:

EMAIL ADDRESS (Please print clearly):

______________________________