



Word of Mouth

Enjoy a red carpet smile - every day!



Winter 2014

As dentists, our main aim is for you to feel happy and confident about your smile. Here are our top ten ways to help you enjoy a stunning smile every day.

1 The easiest, most effective - and cheapest - way to keep your teeth and gums looking great is to brush for two minutes twice a day using a fluoride toothpaste.

2 Visit your dentist regularly. There's nothing more attractive than strong, healthy teeth and regular visits will help ensure your teeth stay this way.

3 Discoloured teeth was the biggest reason (33%) given in a recent survey for people feeling self-conscious about their smile. Visit your hygienist for a thorough clean and polish to bring back the natural sparkle to your teeth.

4 Cut down on how often you have sugary foods and drinks, including fruit and fruit smoothies. Decay-causing bacteria feed on sugar, so by cutting out their food you will reduce the chance of tooth decay.

5 Choose foods rich in the minerals that help protect the teeth from harmful acids. Calcium rich foods promote good bone density and affect the quality of bone around the teeth.

6 Chewing sugar-free gum after eating and drinking is a convenient way of looking after your oral health. It washes away food debris, helps to neutralise damaging plaque acids and remineralises tooth enamel by stimulating the flow of saliva which helps protect teeth.

7 Are your teeth stained? Try cutting down on curries, red wine, tea and coffee and you'll love the difference this will make.

8 Smoking will do your red carpet smile no favours whatsoever. What better time to quit than now? Stopping will improve your general and oral health, reduce your risk of cancer and boost your smile.

9 Do you hide your smile or feel embarrassed about your teeth? Let us know - we have lots of treatments that can help and most won't break the bank.

10 Love your smile! Smiling is contagious: it can light up a room and draw people to you. It's also linked to a boosted immune system and a reduction in stress - and we could all do with that!

Brighter smiles with composite

At the start of a new year we often make resolutions to try to improve how we look or feel about ourselves.

One common enquiry we get from our patients is about replacing silver fillings.

You may not be aware but you can replace old, unsightly, grey amalgam fillings with natural tooth coloured composite fillings. They can be bonded to the teeth so are less destructive to the tooth than amalgam fillings, they harden in seconds and can be used on front or back teeth.

Composite fillings can be used for a wide range of applications from rebuilding small chips to whole veneer facing on front teeth, and if they chip are normally easily repairable, sometimes without replacing the whole filling. They can last decades or a lifetime. On the back teeth these fillings are again tooth coloured so will look like a natural tooth



without a filling. The composite is strong and fits the contours of the tooth so that brushing and flossing is not a problem.

The amalgam filling can be replaced at any stage so if you are interested why not ask your dentist at your next appointment.

Delighted with our service?

Refer a friend and receive a 10% discount from our dental shop.

Please ask your friends to give our reception team your name when booking an appointment. Appointments need to be booked before 31st Jan 2014

Spotlight on - student life

As a student, there's a whole new world ahead of you, but there's one area that often gets overlooked by uni newbies - and that's oral health.

Previous research has suggested some students are more at risk of losing their teeth than others and leading oral health charity the British Dental Health Foundation is encouraging students nationwide not to neglect their oral health.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter OBE, explained some of the ways in which students can take care of the basics.

Dr Carter said: "For many people - around one in four - dental healthcare products are considered a luxury.

"Given the growing number of links between poor oral health and general health problems, dental health is anything but a luxury. To help your money stretch further, ask mum, dad or granny for toothpaste, an electric toothbrush, replacement heads, interdental brushes or floss and mouthwash. These may not



sound exciting or glamorous, but they're very important.

"University lifestyle can mean you're more prone to accidents, and a healthy smile does wonders for the opposite sex. If you're playing contact sport, make sure you get fitted for a gum shield. You could lose teeth and suffer damage as the result of biting the tongue or the cheek. Fractures of the upper and lower jaw, cheekbones,

eye sockets or any combination can have more serious consequences."

One of the major concerns regarding students is their diet. Takeaways, ready-meals, alcohol and junk food may seem tempting, but cutting down on how often you have these could be a key component in succeeding.

It would be unrealistic to expect students to eat healthily all the time, but making sure you have a healthy, balanced diet is important for two reasons - it could be the key to getting higher grades, and it certainly will benefit your teeth.

A diet rich in vitamins and minerals means anti-oxidants. In turn, this means a lower chance of getting gum disease, which in turn lowers the risk of tooth loss. Try to limit ready meals and takeaways and always remember to brush for two minutes twice a day using a fluoride toothpaste. This can easily be forgotten after a night in the student union.

● **Away at uni? Don't forget to come and see us when you come home.**

Did you know?

Welcome aboard

We would like to welcome **Sasaf Abbaszadeh** our new lady dentist who joined us in November 2013.

Dr Abbaszadeh currently has NHS availability so if you know anyone who is looking for an NHS dentist, please let them know.

Well done Sashi

Having flown through an radiology qualification, **Gurpreet's** dental nurse has now taken on a course in impression taking.

We'd like to wish you all the best in your latest endeavour Sashi!

Straight teeth?

We are really lucky to have an orthodontist, **Dr Jad Seehra**, over at our Southwood sister practice, so if you are interested in orthodontics either have a word with your dentist or contact Southwood on 08445769978 for further information.

27% of five year olds have tooth decay

More than a quarter of five year olds in England have tooth decay, although the number is down, a survey suggests.

The analysis, by Public Health England, looked at data from 133,000 dental examinations from across the country, covering 21% of five year olds.

Levels of decay vary regionally with more children in northern regions with tooth decay than those in the south and eastern regions.

It suggested that 27% of all five year olds had tooth decay, down from 30% in 2008 but the British Dental Association said there remained a deep chasm between the best and worst areas. Figures ranged from 21.2% in the South East to 34.8% in the North West.

When the researchers looked at more localised data, Brighton and Hove was found to have the lowest percentage affected by tooth decay at 12.5%, compared with the highest figure of 53.2% in Leicester.

We value your feedback

We are always looking for ways to improve, so please let us know what you think of our service. There are various ways of passing on your feedback. You can fill in a special form available from reception, email us with your views and suggestions, or write to us by post.

We look forward to hearing from you.

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Opening hours

Mon: 9.00am - 4.30pm
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Wed: 9.00am - 4.30pm
Thur: 9.00am - 4.30pm
Fri: 9.00am - 4.30pm

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