

## Staff news

Trainee dental nurse **Millie Pearce** joined our team in February. Millie is very caring and very efficient. She is making excellent progress in her dental nursing course and is hoping to complete it early!



## Minimally invasive dentistry

At Ninety 2 Dental we want to provide the best care for our patients and so we follow the principles of minimally invasive dentistry. By taking the time to detect problems early we are able to advise how to prevent a problem requiring future treatment. If treatment is needed then we perform the least amount of dentistry necessary and conserve as much of the tooth as possible. We use dental materials that have been carefully researched and help to preserve the maximum amount of healthy natural tooth. We use the strongest and longest-lasting materials to reduce the need for repair and replacement. We only use laboratories that use premium materials designed to help us preserve the natural tooth.



## Friends & family

If you know of anyone who would welcome the friendly approach to dentistry provided by the experienced and skilled team here at Ninety 2 Dental please contact us to arrange an appointment.

## Tooth decay link to vCJD

**A recent study suggests that the human form of mad cow disease could be linked to tooth decay.**

Experts believe that tooth decay may be the way in which people became infected with the incurable disease as a result of eating contaminated meat during the 1980s. They suggest that infection with vCJD was through tiny gaps in the teeth caused by untreated decay rather than through the stomach.



This would explain why there were relatively few cases of vCJD and also the geographical spread of the disease – cases are highest in Scotland and the North-East, where rates of dental decay are high.

At Ninety 2 Dental we recommend regular check-ups and hygiene appointments so that we can help you avoid tooth decay and keep your teeth and gums in good condition. We can spot potential problems early and offer you the necessary treatment and advice to keep you healthy.

**If you would like more information about this or any of the articles in this newsletter, please ask us next time you visit.**

# Smiling matters



## Virtually invisible braces

**Invisalign® aligners are a great way to straighten your teeth. They are made of clear plastic so virtually no one can tell that you are wearing them. They are also removable so you can eat and clean your teeth normally.**



This treatment is proving to be very popular, with Dr Sue Carr treating more and more patients, and increasingly complicated cases. Our receptionist, Adele, has undergone treatment and is thrilled with the results! She will be happy to tell you about her experience, just ask next time you visit.

We include hygiene sessions and a tooth whitening syringe as part of the Invisalign® treatment package.

**If you would like to find out more, please book a FREE consultation.**



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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# Even pop stars get embarrassed about their smiles...

Pop star Katy Perry has said in a new YouTube video that she is embarrassed about her smile, and brushes her teeth three times a day to keep her breath fresh. Katy, whose hits include 'I Kissed a Girl' and 'California Girls', said in an interview: *"I have really jacked-up bottom teeth. I don't grin from ear to ear because I'm embarrassed."*



Many people are embarrassed about their smiles, for a whole host of reasons. A-lister Jessica Simpson has recently said her teeth are too slippery! *"My lips just slide all over the place... I can't catch up with my mouth,"* she said.

We are used to helping people who are unhappy with their smiles. Many patients are pleasantly surprised at how affordable treatment can be, especially if it is just a small imperfection that they want treated, such as a gap between their front teeth. Others feel it is so important to feel good about their smile that they invest in a full smile makeover, and often say afterwards that it has changed their lives.

**If there is anything you would like to change about your smile, please do talk to us about it. We will be happy to explain the treatment options available to you and help you have the smile you have always wanted.**

## Fun fact

American dentist Val Kolpakov has set a new world record for the largest collection of toothpastes. He has over 1,800 toothpastes, with flavours including curry, bamboo, chocolate and whiskey.



## Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

**If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.**

# For a healthier smile, eat more fish!

Eating plenty of fish and nuts can help you keep your teeth for life, according to new research. The American study suggests that polyunsaturated fatty acids found in foods such as fatty fish and nuts can help to lower the risk of gum disease.

Gum disease is a very common condition, and in its earlier stages can cause sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss. It is also increasingly being linked to other health problems such as heart disease, diabetes and premature births.

**Chief executive of the British Dental Health Foundation Dr Nigel Carter said:**

*"This study shows that a small and relatively easy change in people's diet can massively improve the condition of their teeth and gums, which in turn can improve their overall wellbeing."*

