

## The erosive potential of smoothies



Although smoothies and fruit juices can contribute to your 'five a day', please be aware that they have the potential to damage your teeth because of their acidity.

A recent study published by the British Dental Journal adds to the growing evidence linking dental erosion with the consumption of fruit beverages.

We don't wish to dissuade healthy eating so here are some tips to enable you to continue to enjoy these drinks whilst limiting the damage to your teeth:

- Drink smoothies and fruit juices through a straw
- Consume these drinks at mealtimes rather than as snacks
- Eat a small piece of cheese at the end of your meal
- Drink some water after drinking fruit juice or a smoothie
- Wait an hour or two before brushing your teeth

If you would like more information or have any questions please just ask.

## Let there be light!

Have you ever wondered why we wear a miner's style head lamp and no longer use the overhead dental light? You might think that it is the amount of light that enables us to see with clear precision, but it's not.

Because the light is situated on top of our magnifying loupes, it is effectively leaving our eyes then travelling directly onto the mirror, then into your mouth, back to the mirror and then back to our eyes. It is this that gives us considerably better vision than the old style of overhead dental light.

## Vitamin D – are you getting enough?



Most people should be able to get all the vitamin D they need from the sun and a healthy balanced diet. However, up to a quarter of the population has low levels of vitamin D in their blood.

If you are deficient in vitamin D you have an increased likelihood of having gum disease and new evidence shows an

increased risk of caries and delayed eruption of teeth in children.

Good sources of vitamin D include: exposure to sunlight for several minutes twice to three times a week, fish liver oils, fortified milk, egg yolk and cereal.

**If you have any questions about this please just ask, we'll be happy to help.**

## Top marks for quality

Earlier this year, we were inspected by the Care Quality Commission. The CQC is the independent regulator of health and adult social care services in England. Our practice was subject to a 4 hour inspection with just two days notice. We are delighted to say that we were given a glowing report and found to be compliant in all aspects of care and hygiene.

At Ninety 2 Dental you can be sure of receiving high quality care. We provide a very high standard of dentistry and customer service and take the safety of our patients and staff very seriously.

# Smiling matters



## Our smart new look

We invest in the practice in many ways, such as purchasing new equipment, taking part in training courses and introducing new services. We also like to look after our staff and keep them looking smart! The introduction of a new uniform is just one of the many ways that we continue to keep our practice up-to-date.



## Welcome back Claire

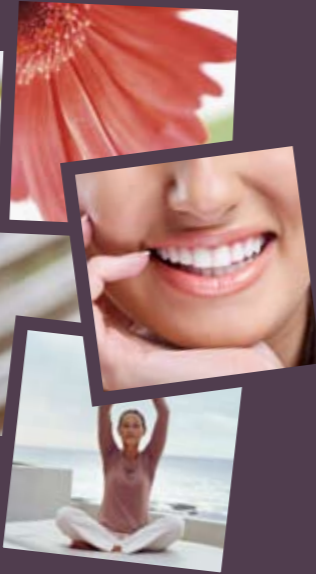
We are delighted that Claire, our Hygienist, has returned after her maternity leave and will be available for appointments on alternate Tuesdays and Saturday mornings.



Edited in association with the British Dental Health Foundation

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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## Don't worry...

**5.5 million people in the UK are affected by dental phobia, with almost one in four saying they would rather suffer from toothache than visit the dentist.**

There are many reasons behind this fear, including fear of pain, needles, gagging and having things placed inside their mouth. Some people feel very vulnerable in the dentist's chair, or may be embarrassed by their teeth. Often fear can stem from a childhood incident.

Whatever the reason and if you are one of these people, then there are a number of ways we can help you and some steps you can take to help conquer and/or manage your fear.

- We can take things very slowly so you feel more in control
- We can play music to distract you
- We can use local anaesthetic gel so that you don't feel an injection
- You can share your concerns with us, we are very sympathetic and here to help
- You can book your appointment for a quiet time of your day so you are more relaxed
- You can do deep breathing exercises
- You may also find aromatherapy or natural remedies helpful

Remember too that modern dental techniques are far more sophisticated, and in many cases pain-free.

**If you are worried about seeing us, please talk to us so we can work with you to find the best way of helping you to have and keep a healthy, happy smile.**

## Got a dental problem? Talk to us, we can help

**Tooth grinding** – also known as bruxism, is very common. It can cause sore facial muscles, headaches and ear-aches, and sometimes neck pain. It can also cause teeth to become ground down and more sensitive. Try to reduce your stress levels, but if this doesn't work, make an appointment to see us. We can create a custom-made appliance for you to wear while you sleep to help with the problem.

**Bad breath** – in most cases is a result of bacteria in your mouth. It is important to follow a good oral healthcare routine – we can advise you on this. Bad breath or halitosis, may be a result of eating strongly flavoured foods such as garlic or in some cases, bad breath can be caused by a medical condition, such as sinusitis, diabetes, or problems with the digestive system. Whatever the cause, please don't be embarrassed to speak to us; we can help.

**Tooth sensitivity** – can range from mild irritation to a shooting pain that can last for hours, usually after hot /

cold stimulus. However, prolonged sensitivity can be caused by decay, so book a consultation so we can find the best way to relieve your discomfort and get you smiling again.

**Bleeding gums** – this is often one of the first signs of gum disease which is caused by a build-up of bacteria in your mouth known as plaque. If left untreated and without effective removal of the plaque, the gums and surrounding bone will recede from the teeth, eventually resulting in loose teeth that may fall out or have to be extracted. When you visit us, we will advise you on the best way to care for your teeth and gums including recommending regular hygiene appointments.

**Imperfections** – if you're unhappy with any aspect of your smile then talk to us about the best options for you, your lifestyle and your budget. These can include tooth-coloured fillings and restorations, tooth whitening, bonding, veneers, orthodontics and implants.



## Good habits start early



We would like your children to have good tooth brushing habits for life, no fillings and disease free mouths.

We recommend bringing your child to the practice as soon as their first tooth appears. This is so that they can get used to the sights, smells and sounds of a dental practice and because good dental habits are best learnt from an early age.

Please get in touch for more information or to register your child with our practice.

## Top tips

We recommend changing your toothbrush every 2-3 months. Toothbrushes should always be changed before the bristles splay out or at least at the first signs of splaying. Old, brushes are ineffective and can be a home for germs. If you have been ill, you should change your toothbrush immediately afterwards – they can harbour germs for up to a month.

## Fun facts

You use an average of 43 muscles for a frown and, on average, only 17 muscles for a smile.