



Staff news

We would like to congratulate our hygienist, **Claire** and Jay on their recent marriage. The day took place at Cooling Castle Barn in Kent, which dates back to the 17th century. It was a fabulous occasion with a black and white theme. After weeks of rain everyone was delighted that the day was bright and sunny. We're sure you will join us in wishing Claire and Jay best wishes for their future together.



Congratulations to **Millie** on passing her NVQ in dental nursing. Her final qualification should be awarded in a couple of months following completion of her coursework in which she's doing extremely well.

Car park dispute

Many of you are aware of our battle to resolve the car park dispute. Having rented the car park from our landlords for 20 years, suddenly 5 years ago, TFL claimed ownership. It turns out that Sutton Council compulsorily purchased the land in the 1930s. After scrapping the plan to make the A24 a dual carriageway, the land was eventually passed on to TFL. TFL finally relinquished the land as public highway last October and have now agreed to rent us the car park. Once TFL have signed the paperwork, we will be allowed to resurface the car park and erect a barrier to prevent illegal parking and fly tipping. Unfortunately TFL won't allow us to install a dropped kerb at the centre of the car park so we will have to continue to use the side entrance, but it will be great to have a nice clean, tidy and newly tarmaced car park!

Care for your heart... visit us regularly

Recent research in Taiwan showed that patients who frequently or occasionally had their teeth professionally cleaned lowered their risk of heart attack by 24% and stroke by 13% compared to those who did not. Professional tooth cleaning appears to be an effective way to eliminate bacteria that causes inflammation which can lead to heart problems and stroke.

A separate study in Sweden found that signs of gum disease (e.g. tooth loss, gum infections, bleeding gums) predict the risk of future heart problems in various ways and different degrees (e.g. heart attack, stroke, heart failure).

Please visit us regularly so we can keep an eye on your teeth and gums, clean them thoroughly and offer any necessary treatment to help keep you healthy.

Do we have your mobile number?

Please make sure that we have your current email address and mobile number. Our text reminder system is proving very popular and if we have to cancel an appointment for any reason a text can be sent instantly avoiding wasted journeys. Please call us on (020) 8337 1168 or email your details to info@ninety2dental.co.uk



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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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Smiling matters

In this issue...

We've got lots more interesting articles and useful information for you in our latest newsletter. For example, you can read about the warning signs of gum infections and get advice on how to avoid them. It may come as a surprise that improving your smile needn't cost the earth – you can find out more inside. Also, if you have a sweet tooth or snack between meals you might like to read 'The sugar factor' to discover how to limit damage to your teeth.

If you have any questions for us or would like further details about anything you read, please just ask, we are always happy to help.



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Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

