

New team members

We are delighted to welcome Dr Alex Korff to our team. Alex has 20 years' experience in oral surgery and works in the Oral and Maxillo-facial Surgery Department at St Helier Hospital. Her expertise makes her the ideal choice for patients who require extractions and wisdom tooth removal. Alex is happy to see new patients so if you have any family or friends who are concerned about having a broken tooth removed, Alex will be able to put their fears to rest.



Dr Alex Korff

Cheryl is the newest member of our nursing team. Her role includes helping our dentists with their work and helping to implement our strict cross-infection policies. Cheryl also plays an important role in reception and brings her bubbly personality to the practice. She holds the National Certificate in Dental Nursing and is registered as a Dental Care Professional with the General Dental Council.



Cheryl Clarke

Sculptra™

Due to increasing interest for facial aesthetic services we have decided to extend our range. We have introduced a new facial volumiser called Sculptra™. This is proving to be highly effective and it really does give you a non-surgical face lift. It increases collagen production to smooth out lines and wrinkles, and replaces lost facial volume giving you a fuller, younger-looking face.



Sculptra™ is a virtually painless injectable treatment. A special cream is applied to the skin to numb the area. Often just two or three treatments are needed with the changes occurring gradually over several weeks. The end result is a natural-looking, more youthful appearance that can last for more than three years. For more information, please ask at reception.

Putting a sparkle in your smile!

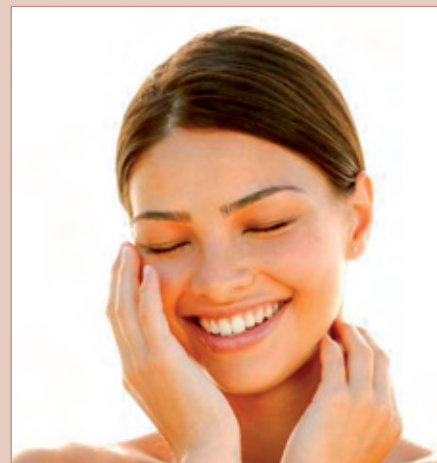
Tooth whitening continues to be one of our most popular treatments, with patients of virtually all ages asking us to brighten up their smile.

Teeth can easily become stained by tea, coffee, red wine and other dark-coloured foods and drinks, and particularly by smoking. In addition, they naturally darken over the years.

Tooth whitening can remove built-up stains and lighten teeth, making your smile look more attractive and often taking years off your appearance as well! Given that it is so easy and affordable, it is no wonder so many people are choosing to have it done!

At Ninety 2 Dental, we offer deep power tooth whitening using the revolutionary new Enlighten® system. In just two weeks your teeth can be up to 16 shades lighter!

If you are interested in having your teeth whitened you should make an appointment to see us.



SPECIAL OFFER

£50 off Enlighten® tooth whitening

Simply present this newsletter to claim your discount
Offer valid until 31st December 2008



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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

Gum disease and your health



While more research is still needed, scientists are looking at links between gum disease with wider health problems including heart disease, strokes and low birth-weight babies. New research is also now suggesting that chronic gum disease may be a risk factor for diabetes, pneumonia, bronchitis, emphysema and pre cancerous lesions.

Gum disease is very common, and is caused by bacteria in plaque, a colourless, sticky film that constantly forms on your teeth. Symptoms might include bad breath and sore, swollen or bleeding gums. It can be controlled through effective oral healthcare and regular dental hygiene visits, but if left untreated it may eventually cause tooth loss.

Researchers believe that the more advanced forms of gum disease can cause bacteria to enter the bloodstream, potentially creating problems elsewhere. To help avoid or combat gum disease, it is important to also brush around and under the gum line when you brush your teeth. Regular gumcare appointments are also highly beneficial.

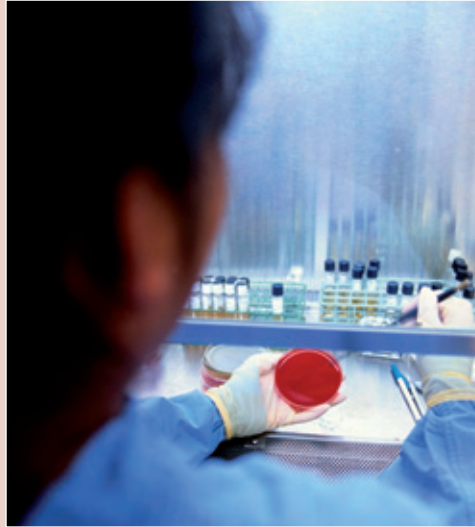
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Keeping you *safe*

Stories about hospital super-bugs such as MRSA are becoming all too common these days, and we are increasingly being asked what hygiene precautions we have at the practice.



Even though MRSA is very rare outside the hospital environment – and to the best of our knowledge unheard of in the dental sector – we nevertheless have very strict cross-infection procedures in place to keep all our patients and our staff safe.

No doubt you will have noticed that we wear disposable gloves and often masks when examining you or carrying out treatment, and provide you with eye protection.

But there are many other steps we take behind the scenes. These include using disposable instruments wherever possible,

and rigorously sterilising those that are not disposable. Our staff regularly attend training and refresher courses to ensure they stay completely up-to-date with the latest cross-infection control policies and techniques.

We have set procedures for every aspect of our practice, including safely disposing of used needles, cleaning and decontaminating our treatment rooms, and storing sterile items. In many cases, these procedures go well beyond those required by law, simply because we believe that effective cross-infection control is such a vital part of our daily work.

This means you and your family can relax in the knowledge that we always do all we can to ensure that everyone in our practice is fully protected from infection.

Top tips



Keep a kitchen timer in your bathroom so you know you have cleaned your teeth for long enough – egg timers are ideal. Experts recommend cleaning at least twice a day, especially at bedtime, for no less than two minutes.

Smile – *we're British!*

Cosmetic dentistry in the UK is booming, with the number of treatments carried out up by over 55% in just one year.

While almost two thirds of the procedures are carried out on women, men are also increasingly conscious of the benefits of an improved smile, and even children are becoming more aware.

The new information comes from two leading British dental organisations – the British Academy of Cosmetic Dentistry (BACD) and the British Dental Health Foundation.

The BACD's poll of 650 dentists showed there was a dramatic rise of 144% in porcelain veneer procedures in the previous 12 months. Veneers are very thin layers of porcelain which are fitted to the front of teeth, to disguise imperfections or provide a complete smile makeover.

White fillings and bonding (which is particularly useful for erasing chips, cracks and gaps) have also become much more popular.

Meanwhile, a spokeswoman for the British Dental Health Foundation said that children are becoming more aware of their appearance at an earlier age, and a growing number of them are requesting braces and other orthodontic (tooth straightening) treatments.

Here at the practice, we too have noticed a big increase in the number of patients asking about cosmetic dentistry. If you would like to enhance your smile, please speak to us – we'll be happy to explain the treatment options that are suitable for you.



Dental implants and Greek temples

Titanium, the metal that is usually used for dental implants, is so strong and long-lasting that it is being used to help restore the Parthenon in Greece!

Titanium has the highest strength to weight ratio of any metal – it is as strong as steel but 45% lighter and is extremely resistant to corrosion, making it ideal for long lasting replacement teeth.



Sensitive *teeth?*

Many people can sometimes suffer pain when eating or drinking hot or cold food and drinks, when cold air hits their teeth, or maybe when they consume something sweet or acidic.

Sensitivity often occurs when the hard outer cover of the tooth, the enamel, has worn away, exposing the softer, sensitive dentine underneath.

This can be caused by dental erosion, a major cause of which is frequently consuming acidic drinks. Other causes might include gum recession, or a cracked tooth or filling.

If you have problems with sensitive teeth, please discuss it with the dentist so we can offer help. This might include treating the affected teeth with special de-sensitising products, such as fluoride gels, rinses, mousses or varnishes. You can also use toothpaste for sensitive teeth – this works best if you do not rinse after brushing.