

Gum disease – a constant battle

Gum disease is a tricky condition – the initial symptoms can go un-noticed, even if it appears to be cured it can still come back, and if it goes untreated it can affect not only your teeth but your entire well-being.

Ongoing research suggests there are links between gum disease and a range of medical conditions, including heart disease, diabetes and premature birth. This is in addition to tooth loss which can occur in the later stages of gum disease.

This is why it is so important to see the hygienist regularly – usually every six months, unless we advise you otherwise.

Gum disease is caused by plaque – a film of sticky bacteria that is constantly forming on your teeth. The fact that the plaque is always there makes it a constant battle to ensure that it doesn't lead to gum disease.

You can help by following our advice about brushing your teeth and cleaning around and below the gum-line. But even this rarely removes all the plaque, which means you need to see us regularly for a professional clean, which will remove even the most stubborn plaque and make it more difficult for new plaque to cling to your teeth.

We understand that it can be difficult to fit into a busy life – but caring for your gums properly could ultimately save your life. If you haven't been able to see us recently, call us today and book an appointment – we hope to see you soon.



Myth buster

Vitamin packed fruit smoothies may be good for your health but they are notoriously bad for your teeth. Full of natural sugar and acid, and so thick they cling to your teeth, it's best to drink them at mealtimes.

Sound and vision

We have recently invested in an in-chair entertainment system which enables you to watch TV and DVDs while undergoing treatment, or to listen to a choice of calming, relaxing music. The system also makes it much easier for us to show you your X-rays and other information relevant to your treatment.



Thank you

As many of you may know, Dean fractured his wrist earlier this year. We are pleased to say that he has now fully recovered, and we would like to thank all of you who asked after him and wished him well.

New hygienist

We are pleased to welcome Claire Carter to our dental hygiene team. Claire qualified at Kings College Hospital, and has extensive experience, having previously worked for Boots and Shell. She will be available for appointments on Tuesdays.



Smiling matters



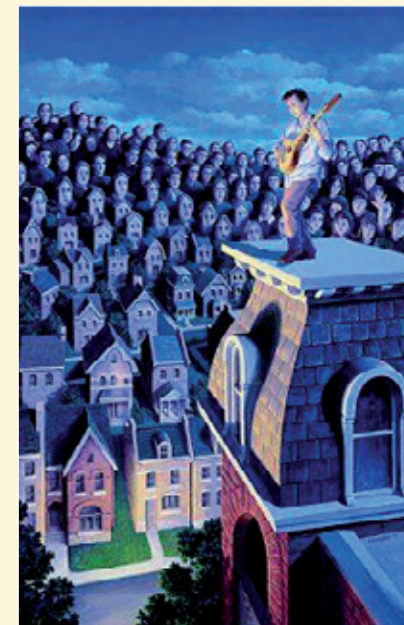
Take a look at this picture – which do you notice first, the faces or the houses? Most people notice the faces, because when we look at a person's face, we focus first on the eyes and the mouth.

This is why your smile is so important to your appearance, and can make such a huge difference to your looks.

Women have long been aware of the advantages of applying a little mascara to enhance their eyes. The same is true of your smile – small changes such as mending a chipped front tooth, replacing discoloured fillings or a missing tooth, can make a big difference to your appearance.

The good news is that there have been so many advances in dentistry in recent years, we can deal with almost any problem.

For more information on how we can enhance your appearance, ask Dean or Sue.



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.
© This newsletter is written & produced by Blue Horizons Ltd., 122 Bath Road, Cheltenham, GL53 7JX • www.bluehorizonsdental.co.uk

Dr Dean Carr BDS LDS RCS (Eng), Dr Susan Carr BDS LDS RCS (Eng)
Ninety 2 Dental, 92 Epsom Road, Sutton, Surrey SM3 9ES
T: 020 8337 1168 W: www.ninety2dental.co.uk E: info@ninety2dental.co.uk

Hot news!

Medical researchers have created a new chilli-based anaesthetic which appears to prevent pain without causing numbness.



The development could have a big impact on dentistry in the future, with patients potentially able to have an anaesthetic that would allow them to have painfree dentistry without the lingering numbness that we associate with dental injections.

The anaesthetic was created by scientists from capsaicin – the naturally-occurring substance in chillis that makes them hot to the taste – and a derivative of the anaesthetic drug lignocaine.

So far it has only been tested on rats, and trials on humans are unlikely to take place before 2010.

Crowning glory

Dental crowns can make a huge difference to the way your smile looks and your self-confidence, as well as helping you to chew without difficulties.

Today's crowns are extremely natural in looks and feel. They are a far cry from the older ones which often looked and felt unrealistic.

In fact, modern crowns are such an improvement over the older ones that we are seeing an increasing number of patients asking to have their crowns replaced as part of a smile enhancement.

Crowns are used to cover the top, visible part of teeth which may have broken, or have been weakened by decay or large fillings. They restore the tooth to its

normal shape and size, strengthening it and improving the way it looks.

They are often recommended after root canal treatment to help strengthen the tooth and protect the root filling, or to provide a secure foundation for bridgework.

Crowns can be made of a variety of materials, but most modern ones are made of porcelain or ceramic.

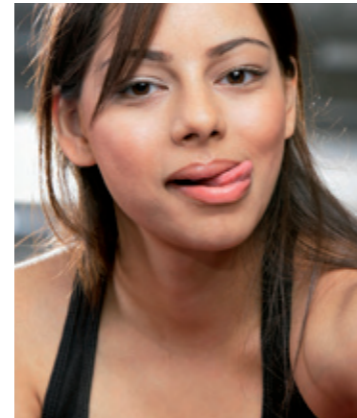
Crowns require a great degree of skill and craftsmanship to make them fit perfectly and be a natural match to your other teeth, and their cost reflects this. However, they are an excellent investment, and with proper care will continue to benefit you for many years to come.

The tongue – not something most of us give much thought to, yet it carries out many important functions day in, day out, helping us to talk, eat, taste and even fight germs.

The talented tongue

The tongue is made up of lots of muscles, which run in different directions to enable it to carry out its many functions. The front part is very flexible, and helps you to speak properly as well as moving food around your mouth so you can chew it. The back of the tongue also helps with eating by pushing the food backwards into your oesophagus.

It is covered with tiny hair-like stubs of tissue called papillae, which are part of the taste bud mechanism. This is vital to our health, as the taste buds warn us when we are eating or drinking something which tastes bitter or just 'wrong' – often these substances are those which are harmful to us.



It even helps to keep you healthy – the back section of the tongue contains the lingual tonsil, which contains cells that help filter out harmful germs.

Generally speaking, the tongue does a pretty good job of keeping itself healthy, but you can help it

by following a good oral healthcare routine, including cleaning your tongue either by brushing it or by using a tongue scraper.

Tongue twister

According to the Guinness Book of Records, the world's hardest tongue twister is 'The sixth sick sheik's sixth sheep's sick' – see if you can master it!



'Dental tourism' a massive risk!

warns British Dental Health Foundation

Travelling abroad for dental treatment has been labelled a 'massive risk' by dental charity the British Dental Health Foundation.

Dental tourism, in which people go abroad to take advantage of cheaper prices, is becoming big business.

But the Foundation is seeing increased numbers of calls to its helpline from patients who have returned home from "dental holidays" in severe pain and needing further and costly treatment to correct poor quality dental work.

Chief executive Dr Nigel Carter said: "So-called 'dental holidays' are presented as a cheap and hassle-free alternative to getting treatment in this country, but we know from calls to our Dental Helpline that if things go wrong then nothing could be further from the truth.

"It is totally unrealistic to expect that complicated



procedures that can take months to complete in this country can be carried out to the same high standard while on a 10-day holiday – but unfortunately that is the myth being sold to people."

He urged people to consider what they would do if something did go wrong. 'For example are you willing to fly back? What are your legal rights as a foreign patient? Are you prepared to go through the courts? Do you have the money required to pay another dentist to correct the treatment?'

Anyone considering having expensive dental treatment should ask us about it first – if we cannot help you ourselves we can refer you to someone who can.

Top tips

Clean between your teeth once a day to help prevent tooth decay, bad breath and gum disease. Various products are available for this including floss and tiny inter-dental brushes – we can advise you which is best suited to your teeth.