

Smile

– it's good for you!

Having a great smile not only boosts your confidence, it can also help you to be happy and healthy.

Research has shown that smiling increases levels of the 'happy hormone' serotonin, which lifts your mood and can help to improve your health.

Smiling also releases endorphins, the body's natural pain relief hormones – many natural health advisors suggest that chronic pain sufferers should find ways of staying cheerful and happy so they will feel less pain.

These hormones, combined with just the simple action of smiling, help you to relax, relieving stress, lowering your blood pressure and boosting your immune system.

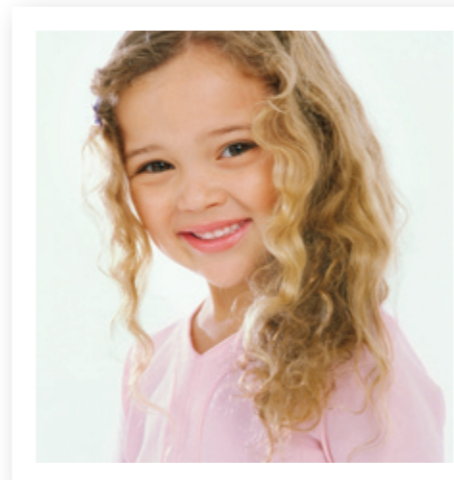
Smiling also has a number of other benefits, both for you and others. It makes you look more attractive to others, and can help boost their mood. It also helps you to look younger, because the muscles in your face are lifted when you smile, and if you're smiling you're less likely to acquire ageing frown lines.

Given the many advantages that smiling has, it makes sense to keep your smile looking good, which means having a good oral healthcare routine, and visiting us for regular check-up examinations and hygiene appointments.



Tips for tiny teeth

Children's teeth are just as susceptible to decay and other problems as adults' teeth are, so it is important to encourage good oral health habits from an early age.



You should start bringing your child with you to appointments even before their teeth appear, so they can get used to the sights, sounds and smells of the practice. Once they have their own teeth, they should see us for regular check-ups.

If your child is prone to decay, or is wearing braces, we offer fluoride varnish applications to help protect their teeth.

If your child plays any contact sports, we advise wearing a sports mouthguard to protect against dental injury. We provide custom-made ones which offer far more protections as well as a better fit than shop-bought ones.

Please make sure that your child continues to see us for regular check-ups throughout their teenage years. During this time it is possible that you will have less control over their diet and brushing habits and so they can be more prone to decay.

It is also important that your child still visits us for regular check-ups if they wear braces as their orthodontist will not check teeth for decay.

Smiling matters



No pain does not mean no problem

Please don't feel tempted to skip an appointment because your mouth seems healthy. Even if you can't see or feel any problems, it doesn't mean there aren't any:

Here are just a few of the issues that you are unlikely to notice, but that we can see:

- Decay under the gumline or under existing fillings.
- Decay in tooth roots that have been exposed by receding gums.
- Deterioration in fillings, crowns and other restorations.
- Hairline fractures.
- Signs of enamel erosion.
- Gum disease (this can lead to lost teeth and is linked with other health problems).
- Impacted wisdom teeth.



Finding these problems at an early stage means they are much easier and quicker to treat, and can help to avoid major issues at a later date.



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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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Stressed?

Tooth grinding or clenching

When we are particularly busy and stressed our health can sometimes be affected, with symptoms ranging from headaches to depression, hair loss or even ulcers. But did you know that stress can also affect our dental health?

Tooth grinding or clenching can be a symptom of tension that often goes unnoticed by sufferers as many will only experience it whilst they are asleep. Signs that someone could be suffering from tooth grinding (bruxism) can include waking up with a headache, earache, jaw or facial pain that eases as the day goes on; and/or signs of wear and tear of teeth including sensitivity, flattening, cracks, broken cusps or fillings.

A specialist splint can help to relieve symptoms and prevent further damage – please ask for more information.

If teeth are damaged already then they can be corrected with bonding or porcelain veneers, onlays and crowns.

fun fact >>>

Fifties' heart throb James Dean lost his two front teeth in a motorcycle accident in his youth and as a result he wore a partial denture (false teeth). Apparently he loved to put them in people's drinks when they weren't looking!

10 TOP TIPS... for a winning smile

1 The easiest way to boost your smile is by taking care of it on a daily basis. This means ensuring you brush your teeth twice a day.

Clean between your teeth and around the gum-line every day. This helps prevent the build-up of plaque, which in turn helps to prevent gum disease. **2**

3 Use a fluoride toothpaste, this makes the teeth more resistant to decay.

Change your toothbrush every 6-12 weeks. Worn bristles can cause damage to your teeth and gums, they become less effective and old toothbrushes can also breed bacteria. **4**

5 Give your toothpaste more time to work! Rinse your toothbrush but not your mouth, simply spit out the toothpaste. Alternatively rinse with a mouthwash containing fluoride.

Visit us regularly to avoid storing up problems, such as gum disease and tooth decay. Your teeth can also be professionally cleaned and polished regularly, putting an extra sparkle in your smile. **6**

7 Eat a well-balanced, healthy diet. Try to cut down how frequently you consume sugary food or drinks. If you need to snack, try savoury foods (be aware some savoury foods still contain sugars).

Avoid acidic drinks between meals – smoothies, juices, cordials, concentrates and diet drinks can erode the enamel of your teeth. The answer? Drink water or milk. **8**

9 To give your smile an extra boost, you might like to consider tooth whitening. Your teeth can often become stained, particularly by drinking tea, coffee and red wine. They also become discoloured as you grow older.

If your teeth need a little extra attention – if you have gaps, cracked or chipped teeth, or they need straightening, please speak with us. We can then discuss the options available, and create a suitable treatment plan. **10**

WHY YOU SHOULD EAT YOUR GREENS!

Eating more fruit and vegetables each day could reduce the risk of head, mouth and neck cancers, according to new research.

American scientists spent five years studying a group of 500,000 over 50-year-olds, and found that those who ate six portions of fruit and vegetables every day were 30% less likely to develop the cancers than those eating just 1½ portions.

The study also said that each extra serving of fruit and vegetables per 1000 calories was linked to a 6% reduction in the disease – so the more you eat, the better!



Dental attraction

Nearly one in five women think people with a great smile are more likely to be successful in finding love. Nearly two thirds of those surveyed by Invisalign®, who provide virtually invisible braces, said that when they met a potential love interest their smile was the first thing they noticed.

If you want to give your smile – and potentially your love life! – an extra boost then there are a number of different options to suit you and your budget. Tooth whitening is a very popular way of brightening up a smile, and can take years off you as well. Having your teeth straightened can make a big difference, and veneers can hide a number of imperfections, giving you the smile you've always dreamed of.

