

Could you have gum disease?

Gum disease is very common. It is caused by plaque, a film of sticky bacteria which is constantly forming on your teeth.

Gum disease starts off as the earlier, less serious form of the disease, gingivitis. If left untreated it can lead to the more advanced condition periodontitis. This is the biggest cause of tooth loss among UK adults and has also been linked to a variety of other health problems.

Are you suffering from:

Swollen or tender gums?

Gums that bleed when you brush or eat hard food?

Spaces developing between your teeth?

Gums pulling back from your teeth?

Bad breath or a persistent bad taste in your mouth?

Changes in the way your teeth fit together when you bite?

Gum inflammation, infection or disease?

Yes No

If you have answered yes to any of these questions, please book an appointment to see us. We recommend that you see us regularly so that we can remove plaque, check for signs of gum disease, and advise you on how to avoid it or bring it under control.

Staff news

We are very pleased to announce the engagement of Claire our hygienist to her partner Jay. We wish them both a long and happy marriage.



Don't keep us a secret

We are accepting new patients; please pass on our details to friends and family or anyone you feel could benefit from our services.

New equipment

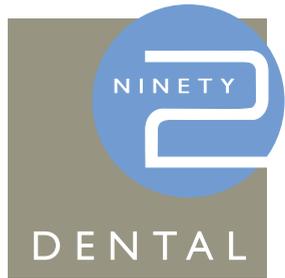
Root canal treatment (endodontics) is necessary to remove infections – usually caused by tooth decay or injury – within the root canal system of the tooth – and provides an excellent way of saving a tooth which, in the past, would have had to be extracted.

We already use several pieces of equipment usually only found at specialist endodontic practices. We have just invested in another newly launched device, recommended by top endodontists, which will help to increase the accuracy of treatment. It will enable us to perform even better root fillings and at the same time make treatment more comfortable for you as well as eliminating the need for additional x-rays.

Go online

Keep checking our website www.ninety2dental.co.uk for the latest news and special offers. You can contact us from the website and leave a message out of hours.

Smiling matters



Keeping you informed

We've got a great selection of articles in our latest newsletter, all part of our on-going commitment to keep you up-to-date with everything that is happening at the practice and in dentistry.

In this issue we tell you about an alarming rise in oral cancer in the UK, and what signs to look out for. We also explain why white wine is bad for your teeth, and why tooth whitening continues to be a popular treatment.

We hope you enjoy reading it – if you have any comments we would love to hear them.



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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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

Alarming rise in oral cancer

Oral cancer rates have increased by around a quarter in the past decade among people in their 40's, according to the latest statistics.

Cancer Research UK says oral cancer rates for men in their 40's have gone up by 28% since the mid 1990's. Figures for women in their 40's increased by 24% in the same period.

The charity believes the main reason for the rapid increase among this age group is increased alcohol consumption. Other risk factors include smoking at the same time as drinking, which increases the risk by up to 30 times; not eating enough fruit and vegetables; and HPV (Human Papilloma Virus).

Initial signs of oral cancer can include ulcers which do not heal within three weeks, sores, and red or white patches in your mouth that do not rub off. If you notice these or anything else unusual that lasts for more than three weeks, please make an appointment to see us.



Fun fact

A snail's mouth is no bigger than a pin head, but it can have over 25,000 teeth!



White wine bad for teeth

It's usually red wine that is highlighted as being bad for the teeth, particularly as it can stain them. But now researchers in Germany say that in fact white wine is far worse for teeth, because it is more acidic.

Acidic drinks, which also include fruit juice and fizzy drinks, can have a devastating effect on your teeth if you drink them too regularly. The acid attacks the hard, protective enamel on your teeth, and gradually wears it away. This exposes the softer dentine of your teeth, and can cause discolouration, pain and sensitivity.

Usually, your saliva can neutralise the effects of the acid, replacing the minerals your teeth have lost so they do not suffer any lasting damage. But if you consume acidic drinks too often – for example, if you regularly sip at them throughout the evening – then your mouth doesn't have the chance to repair itself, and your teeth can suffer permanent damage.

Generally we recommend that you only have acidic drinks with your main meals. But we do appreciate that sometimes you want to be a little more indulgent, in which case you may want to consider ditching the Reisling in favour of a nice mellow Pinot Noir!



Put a sparkle in your smile!

Tooth whitening continues to be a popular cosmetic dental treatment, and with good reason. It is affordable and very effective, and can make a big difference to the way your smile looks. It can also provide a huge boost to your confidence!

Teeth often need whitening because they have become stained by drinking tea, coffee and/or red wine, or by smoking. Teeth also naturally become darker with age – whitening can make them lighter again, and can also have the fantastic side effect of making you look younger!

To find out more about our tooth whitening and other smile enhancement treatments, please ask.

