

Bad breath – a workplace offender

A German court ruling earlier this year on the employer's right to insist that female employees wear bras stimulated much discussion about workplace dress code and hygiene. Poor oral hygiene and bad breath was commonly mentioned as one of the worst workplace offenders and was also said to effect success at job interviews.

Bad breath, or halitosis, has been estimated to affect up to 50% of us at some point during our lives. It can be a result of eating strongly flavoured foods and therefore just a temporary problem. Sometimes it can be a result of bacteria in your mouth, in which case following a good oral healthcare routine can often help. Bad breath can also be caused by a medical condition, such as sinusitis, diabetes, or problems with the digestive system.

If you're worried about your breath then please don't be embarrassed to speak to us, we can thoroughly check your mouth and provide relevant advice and treatment.

Temporary relief

One concern patients sometimes have is how they will look while their crowns, bridges, veneers or dentures are being made in the laboratory, particularly if they are at the front of their mouth.

At Ninety 2 Dental we always provide temporaries so you will never be seen with gaps. The temporaries that we use are made of acrylic, they are custom-made so they look very like your own teeth. Temporaries are usually only in place for a couple of weeks. There is very little inconvenience associated with the process and in the end you will be left with a great looking smile that you will love to show off.

Mouthwash matters



Look in any supermarket and you'll find many brands of mouthwash, offering to keep your breath sparkling fresh for hours and your teeth in top condition. But are they really as good as they seem?

Most are excellent at temporarily freshening your breath, and some can also help to remove some of the bacteria from your mouth. But while they can certainly help you to maintain healthy teeth and gums, they are no substitute for good tooth brushing and inter-dental cleaning. If you need to use a mouthwash, we will always advise you of this and will also suggest which type to use.

Sufferers of chronic halitosis (bad breath) can benefit hugely from using a particular type of mouthwash. Some patients benefit from using fluoride mouthwashes, which offer greater protection against tooth decay and help to strengthen the hard outer coating (enamel) on your teeth. We will suggest using an antibacterial mouthwash containing chlorhexidine for patients with gum infections. There are also some mouthwashes which can help alleviate soreness or dryness in the mouth, promote healing, and help reduce tooth sensitivity.

If you have any questions about how best to care for your teeth, and whether using a mouthwash would be of benefit, please ask - we'll be happy to talk to you about it.

Smiling matters



Refurbishment

We have completed a refurbishment following a flood from a burst hot water pipe. Sadly our new sterilisation room had to be completely gutted and refitted but is now even more ahead of current regulations than before. Our facial room has also been renovated and we have created a separate amalgam room near the fire exit to ensure mercury is kept far away from the main practice area. Lastly our reception area has new flooring and decoration – we hope you like it!



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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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Have you ever wondered why people put so much importance on the way your smile looks? Does it really make a difference if your teeth look great?

Yes it does! If we are self-conscious about the way our teeth look, it makes us less likely to want to smile – we might control our smile by keeping our lips closed, or hide it behind our hands. If we know it looks great, however, we are much more likely to want to show it off!

How important is your smile?



Smiling is important from a social perspective. A smile helps to create a positive first impression and makes you seem more attractive. Author Dale Carnegie, who wrote “How to Win Friends and Influence People”, devoted the first chapter to the smile, calling it “the big secret of dealing with people”.

Smiling is contagious – if you smile at someone it improves their mood, and usually makes them smile back in response. It’s very difficult not to like someone who makes you feel good enough to smile.

Researchers have also found that just the physical act of smiling can boost your mood. It releases endorphins (a natural pain-reliever) and serotonin, often referred to as a happy hormone. Even if it’s not a real smile, the muscle movement can fool your body into producing these substances, making you feel better!

We have a strong focus on helping you to keep your smile healthy and we really enjoy helping our patients to get the most from their smile. If you would like to find out more about our smile enhancing treatments, please ask, we’ll be happy to help.



Tooth loss linked to memory decline

If you want to keep your memory working well in later years, look after your teeth and gums.

A new study carried out in an American university has shown that people with fewer teeth scored lower in memory tests than people with more teeth. They also showed a quicker decline in memory over the years.

The biggest cause of tooth loss among adults in the UK is gum disease. Early signs of this common condition can include sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss.

Gum disease can be avoided or controlled by following a good daily oral healthcare routine. This includes brushing your teeth twice a day, especially at bedtime, and cleaning between the teeth and under the gumline.

Hygiene appointments play a key role in combating the disease. During your appointment we remove any plaque – a constantly forming, sticky layer of bacteria that irritates your gums and leads to infection. We also polish your teeth, making it more difficult for the plaque to stick to them.

It is important to visit us for **regular dental check-up examinations** so we can keep a close eye on what is happening in your mouth and treat any issues at an early stage.

Are you too busy... ...to clean your teeth?

A third of adults in the UK do not brush their teeth for long enough because they get distracted or are too busy, according to a new survey.

Running late or rushing to get ready are the main reasons why so many people cut their tooth-brushing time short, followed by getting distracted by children or phones.

The survey, carried out by the British Dental Health Foundation, found that women were more likely to be distracted from brushing their teeth than men, while people aged over 60 were most likely to brush their teeth for the recommended two minutes.

Skimping on the amount of time you spend brushing means that you do not clean your teeth adequately, which can lead to tooth decay or gum disease.

The Foundation’s Chief Executive Nigel Carter said: “Everyday care is vital... your toothbrush is one of the best weapons against decay and gum disease.”

The Foundation recommends that everyone should brush their teeth for two minutes twice a day, especially at bedtime, using fluoride toothpaste.

Fact

Nineteenth century false teeth were so prone to falling out while eating that many Victorians ate in their bedrooms before dinner to avoid potential embarrassment!

