

News for osteoporosis sufferers

If you are taking medication for osteoporosis, especially if it is a bisphosphonate treatment, please make sure you tell us as this medication can cause problems with your jaw bone.

The medication, which is also used to treat Paget's disease, hypercalcaemia and some cancer patients, is associated with osteonecrosis of the jaw (ONJ). Symptoms can include loose teeth, exposed bone, pain, swelling or infection in the jaw or gums, jaw numbness and dramatic gum loss.

We need to treat those patients who are taking bisphosphonate treatment with extra care. We can help you to avoid ONJ by avoiding certain treatments where possible, by making sure that any dentures fit well (poor fitting dentures can contribute to ONJ), and by ensuring you follow a good daily oral healthcare routine. We can also check for any signs of the condition during your regular check-ups.

Bisphosphonate treatments include etidronate, clodronate, alendronate, risedronate, tiludronate, ibandronate, pamidronate and zoledronate. If you are not sure if your medication is a bisphosphonate, please let us know so we can check it for you.

Crowning glory

Today's crowns are far superior to the ones of old, looking and feeling realistic they are becoming the restoration of choice for many people.

Reasons for considering a crown are:

- You have a tooth that has been weakened by decay or accidental damage and is not strong enough to support a filling.
- Their smooth enamel like surface makes cleaning easier and more effective than the rough surface of a large filling and will help in the treatment of gum disease.
- Bridgework is required to replace a missing tooth and prevent movement of the other teeth on that side of the mouth and aid chewing.
- For cosmetic reasons.

Modern ceramics and bonding techniques enable today's crowns to be made thinner so that they can match the colour, translucency and contours of your own natural teeth giving a lifelike appearance without the 'black line' around the gum.

Dental erosion

Dentists in the UK are noticing an increasing problem with dental erosion, where the hard, outer coating (enamel) of your teeth is worn away by acids.

This is often caused by drinking fizzy or sugary drinks too often. These drinks include those which are often considered healthy, for example smoothies, fruit juice and energy drinks, together with diet drinks, all fizzy drinks, wine, cider and alcopops.

Regularly nibbling on fruit (including tomatoes) can cause erosion, as can some medications such as chewable vitamin C and aspirin. Swimmers can also suffer erosion over time from the chlorine and other chemicals in swimming pools.

Usually your saliva will wash away sugars and neutralise acids, but this takes time (generally around 40 minutes), and if you keep consuming sugary and acidic food and drink it simply cannot keep up, and so your teeth can become damaged.

The best way of keeping your teeth healthy is to adjust your daily routine a little. Try not to snack between meals – if you can't then cheese, nuts, raw vegetables, sandwiches, toast, crumpets and pitta bread are all "safe" snacks.

Give up the sweet drinks, and if possible drink water or milk. If you prefer hot drinks, then tea and coffee are fine if they are un-sugared, although they may contribute towards tooth staining. If you have a sweet tooth or are partial to a glass of fruit juice or wine each day, then aim to only indulge yourself at mealtimes.

If you have suffered with dental erosion we may recommend high fluoride toothpaste (Duraphat) or Tooth Mousse (Recaldent) to remineralise your teeth.



Smiling matters



Welcome to our latest issue

We've got a great selection of articles for you in this newsletter. We tell you which top footballer has a winning smile, explain how exercise can help you keep your teeth for life, give you some tips to help you avoid dental erosion, and much more.



Please see us as often as we recommend so we can spot any potential problems at an early stage. Having your teeth professionally cleaned regularly is also important – this helps to combat gum disease as well as making you feel good about your smile. If you would like to make an appointment we would love to see you again – just give us a call to arrange a suitable date.



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.

© 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

Lollipop fights tooth decay

It sounds almost too good to be true – a lollipop that tastes nice and is actually good for your teeth. But it is the latest invention from the States, pioneered by microbiologist and dentistry professor Wenyuan Shi. The orange flavoured lolly contains a liquorice extract which kills the primary bacteria that cause tooth decay.



Why your medication matters

We are often asked why we need to know about patients' medical conditions and what medication they are taking. The simple answer is that it helps us treat you safely.

We need to know any regular medications you take, and any others that you have taken recently. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

This helps you and us avoid any potential problems. For example, some antibiotics can make the contraceptive pill less effective, so you will need to take extra precautions for a while.

Knowing your medical history helps us understand any signs and symptoms seen in your mouth, and help you with any side-effects from your medication. These can include common issues such as dry mouth or ulceration.

In some cases, we spot signs of illnesses that you are not unaware of, and can advise you to see your doctor. **If your health or medication changes, please do let us know, or give us a call so we can update your records.**



Beckham's smile is a winner!

British football icon David Beckham has one of the best celebrity smiles in the world, according to a new survey.

He was beaten to the prestigious top male smile spot only by film star Brad Pitt, and in fact was the only non-film star to be awarded the accolade.

The survey was carried out among members of the American Academy of Cosmetic Dentistry, who voted actress and super model Eva Mendes' smile the most gorgeous and glamorous of them all.

These days it isn't just high-earning celebrities who can have fantastic smiles. Modern techniques and materials mean that anyone can have their smile enhanced, often at a much smaller cost than they might think.

Tooth whitening can have a big impact on your smile and your confidence, lightening teeth and helping to erase stains caused by smoking or drinking tea, coffee or red wine. And because teeth tend to darken with age, having lighter teeth can also make you look younger!

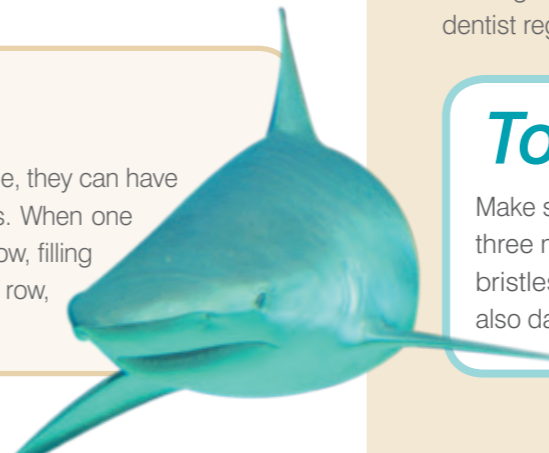
Other treatments include dental veneers, which can disguise a number of imperfections, and dental implants which are strong, realistic replacements for one or more missing teeth.

To find out how you could have a winning smile, please call us to book a consultation.



Sharks' teeth

It's no wonder sharks are so widely feared – at any one time, they can have up to 300 teeth! The teeth are arranged in about five rows. When one is damaged or lost, all the teeth behind it move forward a row, filling the gap at the front. A new tooth then grows in the back row, so the shark is never left toothless.



'Exercise to keep your teeth'

Experts say that people who don't exercise, are overweight and have unhealthy eating habits have a greater chance of developing advanced gum disease and losing their teeth.

A new study shows those who stayed fit and healthy were 40% less likely to develop the condition. Now the British Dental Health Foundation is urging people to take better care of themselves.

Chief Executive Dr Nigel Carter said: "People see the health of their mouth and the health of their body as two very different things, but it is becoming increasingly clear that this just isn't the case.

"We already know that poor oral health can have a negative effect on the rest of your body, and the fact that gum disease increases your chances of developing heart disease, heart attacks, diabetes, strokes and low birth weight babies needs to be taken very seriously indeed."

Other ways of helping to avoid gum disease include brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth and around the gumline, cutting down on sugary food and drinks and visiting the dentist regularly.

Top tooth tip

Make sure you replace your toothbrush at least every three months, or after an illness. Worn and broken bristles can harbour germs and bacteria, and can also damage your gums.

