

An update from Anish

A lot has happened at Streatham Dental Centre since our last newsletter.

Our first piece of good news is that a new dentist has joined our team. **Bilal Hussain** is skilled in all areas of general dentistry and is very good with children.



Congratulations to **Naomi** and **Kelly** for passing their dental nursing exams. We are proud of our dental care professionals.

We bid farewell to **Rajan Sethi** who has brought his own practice in Worthing and to **Shane Patel** who has gone to Australia for a year. We were sad to see them leave but wish them the best of luck.

Pooja Jethwa is now on maternity leave and we look forward to updating you with her news in our next issue!

Work is being carried out on our new practice in **Wimbledon**. We expect this to open in August 2012. If you know of anyone looking for a dentist in that area please let us know.

I hope you enjoy reading this newsletter and look forward to seeing you soon.

Kind regards

Anish Patel

Principal Dentist

Don't keep us a secret!

We are accepting new patients. Please pass on our details to friends and family members who you feel would appreciate the friendly approach to dentistry provided by our experienced and skilled dental team. Thank you for your support.



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.bluehorizonsmarketing.co.uk

If in doubt, get checked out

Mouth cancer is diagnosed in around 5000 people annually and almost 2000 people die of this disease every year.

Early detection is vital as it significantly increases your chances of survival, but many of the initial symptoms, such as a white or red patch in the mouth, are hard to detect.

We check for signs of mouth cancer screening as part of your check-up and if we spot anything unusual we can refer you for appropriate medical help immediately.

Children's dentistry

We recommend bringing your child to the practice as soon as their first tooth appears. This is so that they can get used to coming to see us and because good dental habits are best learnt from an early age.

It is important that we avoid or treat any problems with baby teeth as these can lead to similar difficulties with permanent teeth.

We provide quality dental care for children; this is vital if they are to grow up with a happy and healthy smile.

Please contact us for more information or to register your child with our practice.



STREATHAM
DENTAL CENTRE

Patient newsletter

In this issue...

We've got lots more interesting articles and useful information for you in our latest newsletter. For example, you can read about the warning signs of gum infections and get advice on how to avoid them. It may come as a surprise that improving your smile needn't cost the earth – you can find out more inside. Also, if you have a sweet tooth or snack between meals you might like to read 'The sugar factor' to discover how to limit damage to your teeth.

If you have any questions for us or would like further details about anything you read, please just ask – we are always happy to help.



Streatham Dental Centre

393 Streatham High Rd, London SW16 3PE

t 0208 764 4340 f 0208 764 6941

w www.streathamdentalcentre.com

Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

