



THE VILLAGE DENTAL SURGERY

Dental Surgeon
Miss K F Andrews LDS RCS (Eng) BDS (London)

practice **news**

Welcome to our new surgery newsletter...

Our aim is to bring everyone up to date with what is going on in the surgery and to share key dental procedures to help improve your smile.

First of all, following my riding accident, my leg is now complete with rods, screws and plates which will happily set off alarms at the airport! Unfortunately, I have had to cancel my gorilla trekking holiday in January, as recovery is slow. However, instead of sniffing out gorillas, I shall be going to train at the Pankey Institute in America which is renowned for being the top place in the world for dentists to train. I am really looking forward to going and this will bring me bang up to date, with plenty of practical experience to go hand in hand with it.

In the meantime, I have completed my diploma in implantology, which involved spending quite a number of days in London and also studying in Paris and Brazil for a year. Implants are where titanium is placed into the jaw bone. Implants can also be used to stabilise dentures. They are not suitable for everyone, however if you are interested in finding out more, then please do not hesitate to contact me.

I have also invested £55,000 in a Cerec machine which we are all excited about in the surgery. More information will follow in the next newsletter.

It's been several months since the surgery moved over to a fully private basis and we've received some very encouraging comments from you, our patients. We have also noticed that many of our patients have referred their friends and family to us, for this we wish to thank you.



Tea!

Tea is a natural source of fluoride that helps to fight tooth decay (as long as you don't have sugar!).

For further information about the benefits of tea you can visit the website www.teahealth.co.uk.

Cosmetic dentistry

Dentistry is no longer just a case of filling and extracting teeth as it was for many years. Nowadays, many people turn to cosmetic dentistry or "aesthetic dentistry" as a way of improving their appearance, much as they would use cosmetic surgery or even a new hairstyle.

Treatments can be used to straighten, whiten, reshape and repair teeth. Cosmetic treatments include veneers, crowns, bridges, implants and tooth-coloured fillings.

Contact the surgery for a Cosmetic Assessment Appointment.

Why are my teeth so important?

Your teeth vary in shape and size depending on their position within your mouth. These differences allow the teeth to do many jobs.

How efficiently our teeth chew food, affects the way it is digested. They help us talk and pronounce different sounds clearly. Teeth also help to give our face its shape.

A healthy smile can be a great asset and because this is so important, it makes sense to give your teeth the best care possible.

Patient referrals

We are always delighted when we receive referrals from our patients. This means a great deal to us as it means you are happy with your dental care and are pleased to pass on this news to your family and friends.

This is how our practice has grown and will continue to do so with your help.



A healthy diet means healthy teeth

Every time you eat or drink anything sugary, your teeth are under acid attack for up to two hours. This is because the sugar reacts with the bacteria in plaque (the sticky coating on your teeth) and produces harmful acids. So it is important to keep sugary foods to meal times only, limiting the amount of time your mouth is at risk.

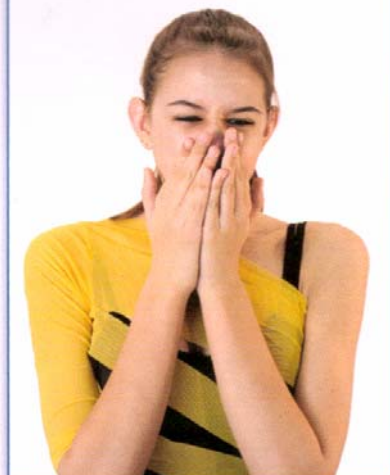
Acidic foods and drinks can be just as harmful to your teeth. The acid erodes the enamel, exposing the dentine underneath. This can make the teeth sensitive and cause them to decay far more quickly.

A diet that is rich in vitamins, minerals and fresh produce can help to prevent gum disease. Gum disease can lead to tooth loss and cause bad breath.

What causes bad breath?

Bad breath is a very common problem and there are many different causes. Persistent bad breath is usually caused by the smelly gases released by the bacteria that coat your teeth and gums. However, strong foods like onion and garlic can add to the problem. Smoking is also one of the main causes of bad breath, along with certain illnesses such as nasal and stomach conditions. Bits of food that get caught between the teeth and on the tongue will rot and can sometimes cause an unpleasant smell. So correct and regular brushing is very important to keep your breath smelling fresh.

The bacteria on our teeth and gums (plaque) also cause gum disease and dental decay. If you see your dentist regularly this will not only help prevent bad breath but will also let the dentist look for and treat problems.



Did you know?

The first commercial shown on British TV, in September 1955, was for toothpaste.



Oral cancer screening

You probably don't even realise it, but your regular dental check involves far more than just your teeth and gums. Dentists are also trained to examine the oral soft tissues (lips, tongue, floor of mouth, cheeks, roof of mouth and throat) for signs of disease, and specifically oral (mouth) cancer.

Oral cancer occurs nearly as frequently as cervical cancer, although it causes more deaths. Early detection is essential to increase the chances of a complete cure; if the cancer is caught early enough, it can be treated and cured very simply.

You are more at risk of developing oral cancer if you smoke or drink alcohol, with the risks heavily increasing if you do both. The use of chewing tobacco (as seen in many ethnic cultures) is also a major risk factor for developing oral cancer. All these risk factors are further increased with age, although oral cancer is being increasingly diagnosed in younger patients, and even children.

In addition to attending your dentist for regular checks, you can greatly reduce your own risk of developing oral cancer by stopping smoking and reducing your alcohol intake. Smoking cessation is very topical at the moment, with much awareness, help and support available. Try Quitline (0800 002200) and Drinkline (0345 320202) as well as asking your dentist, doctor or pharmacist for information.

Alternatively, if you have any concerns about your risk of developing oral cancer, please contact us for further help and advice.