

# Don't be tempted by dental tourism

With many people still feeling the results of the recession, it is easy to understand why they might want to save money by having bigger dental treatments abroad.

But this can often be a false economy, especially when things go wrong. At Stricklands Dental Fitness Centre, we know of at least two patients who have had treatment performed abroad. One of these patients was fine, their treatment has been successful to date. But the other patient has had a lot of problems, and has had to undergo a lot of additional treatment to have the problems put right – all at additional cost.



Naturally, the experiences of this patient, together with those of other patients across the UK, are of great concern to us. As our name suggests, we promote dental fitness – we want our patients to have healthy, confident smiles, and certainly do not want them to undergo any unnecessary work as a result of less-than-ideal dental treatment.

If you are thinking of having your smile enhanced, please do speak to us about it. You will find that, once all the costs have been taken into account, our prices compare very well. In many cases, we are also able to offer interest-free credit, making the treatment much more affordable.

More importantly, you will also have the peace of mind of knowing that you are dealing with highly qualified, experienced dentists, who, in the rare event that something should go wrong, will put it right immediately at no extra cost.

## Fee freeze

We want all our patients to enjoy the benefits of a healthy, happy smile, even if they are having to pull in the purse strings at the moment.

So we have decided to freeze our dental plan fees for 2010. Even though it is costing us more in terms of administrative and insurance costs, we feel it is a small price to pay to keep our patients dentally fit.



If you don't yet belong to one of our dental plans, now is a great time to consider it. The benefits include simple monthly payments, enabling you to spread the cost of your dental care; substantial discount on any treatments you need, and comprehensive accident and emergency cover. We also offer a plan for children – the 'Cool Kids Club', which carries similar benefits.

## Art for art's sake

In a rambling old building like ours, there are always areas to improve, refresh and make more interesting. So, along with a rolling programme of redecoration, we hope you'll like the modern floral displays and the artwork that's now being displayed around the practice. At present, we are exhibiting seascapes by local artist, Wendy Richards, along the ground (main) floor corridor and soon, some photographic works by Simon Allen in the green bathroom on the same floor.

STRICKLANDS

Dental Fitness Centre

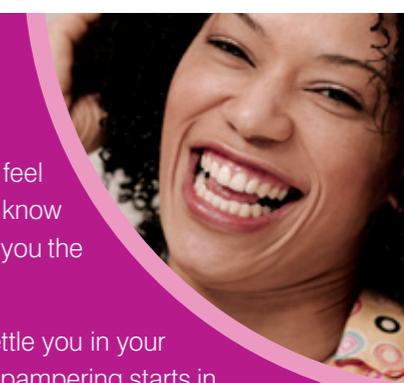
# MOUTHPIECE

## Happy Mondays!

You already know that we always do our best to make you feel comfortable and cared for when you visit us – but did you know that we go that extra mile every Monday morning, offering you the ultimate in enjoyable dentistry?

Just imagine – after a warm welcome as usual, we will settle you in your chair and give you a pain-free local anaesthetic. Then the pampering starts in earnest! We will wrap you in a snuggly blanket, and our reflexologist, Jill Lockwood, will then massage revitalising oils into your hands and feet, while you either enjoy some peace and quiet, or some relaxing music. You'll leave our practice feeling on top of the world – with the added benefit that your teeth will be in great health once again!

Please enquire about this or any other of our techniques designed to relieve anxiety and make your visits to us as easy for you as possible.



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# Stressed?

## Tooth grinding or clenching

When we are particularly busy and stressed our health can sometimes be affected, with symptoms ranging from headaches to depression, hair loss or even ulcers. But did you know that stress can also affect our dental health?

Tooth grinding or clenching can be a symptom of tension that often goes unnoticed by sufferers as many will only experience it whilst they are asleep. Signs that someone could be suffering from tooth grinding (bruxism) can include waking up with a headache, earache, jaw or facial pain that eases as the day goes on; and/or signs of wear and tear of teeth including sensitivity, flattening, cracks, broken cusps or fillings.

A specialist splint can help to relieve symptoms and prevent further damage – please ask for more information.

If teeth are damaged already then they can be corrected with bonding or porcelain veneers, onlays and crowns.

## fun fact >>>

Fifties' heart throb James Dean lost his two front teeth in a motorcycle accident in his youth and as a result he wore a partial denture (false teeth). Apparently he loved to put them in people's drinks when they weren't looking!

## 10 TOP TIPS... for a winning smile

**1** The easiest way to boost your smile is by taking care of it on a daily basis. This means ensuring you brush your teeth twice a day.

Clean between your teeth and around the gum-line every day. This helps prevent the build-up of plaque, which in turn helps to prevent gum disease. **2**

**3** Use a fluoride toothpaste, this makes the teeth more resistant to decay.

Change your toothbrush every 6-12 weeks. Worn bristles can cause damage to your teeth and gums, they become less effective and old toothbrushes can also breed bacteria. **4**

**5** Give your toothpaste more time to work! Rinse your toothbrush but not your mouth, simply spit out the toothpaste. Alternatively rinse with a mouthwash containing fluoride.

Visit us regularly to avoid storing up problems, such as gum disease and tooth decay. Your teeth can also be professionally cleaned and polished regularly, putting an extra sparkle in your smile. **6**

**7** Eat a well-balanced, healthy diet. Try to cut down how frequently you consume sugary food or drinks. If you need to snack, try savoury foods (be aware some savoury foods still contain sugars).

Avoid acidic drinks between meals – smoothies, juices, cordials, concentrates and diet drinks can erode the enamel of your teeth. The answer? Drink water or milk. **8**

**9** To give your smile an extra boost, you might like to consider tooth whitening. Your teeth can often become stained, particularly by drinking tea, coffee and red wine. They also become discoloured as you grow older.

If your teeth need a little extra attention – if you have gaps, cracked or chipped teeth, or they need straightening, please speak with us. We can then discuss the options available, and create a suitable treatment plan. **10**

## WHY YOU SHOULD EAT YOUR GREENS!

Eating more fruit and vegetables each day could reduce the risk of head, mouth and neck cancers, according to new research.

American scientists spent five years studying a group of 500,000 over 50-year-olds, and found that those who ate six portions of fruit and vegetables every day were 30% less likely to develop the cancers than those eating just 1½ portions.

The study also said that each extra serving of fruit and vegetables per 1000 calories was linked to a 6% reduction in the disease – so the more you eat, the better!



## Dental attraction

Nearly one in five women think people with a great smile are more likely to be successful in finding love. Nearly two thirds of those surveyed by Invisalign®, who provide virtually invisible braces, said that when they met a potential love interest their smile was the first thing they noticed.

If you want to give your smile – and potentially your love life! – an extra boost then there are a number of different options to suit you and your budget. Tooth whitening is a very popular way of brightening up a smile, and can take years off you as well. Having your teeth straightened can make a big difference, and veneers can hide a number of imperfections, giving you the smile you've always dreamed of.

