

Practice Manager Diplomas awarded

to Cathy Bishop & Clare Shapcott

We are delighted to report that, earlier this year, both our Practice Managers were awarded the BTEC Level 4 Diploma in Dental Practice Management. This represents a lot of hard work and a huge increase in knowledge which we are sure will benefit the practice and our patients over the coming years.



Gum therapies update

Our four partners and four hygienists are currently attending a series of discussions and lectures on gum health and diseases, with the aim of updating themselves on the latest thoughts and therapies involved in stabilising gum conditions for our patients.

This will ensure that the latest techniques in diagnosis, record taking and treatments are implemented universally within the practice.

The latest news is that it is the disruption of the 'microfilm' both above and below the gumline which is all important. This should be removed thoroughly as it can build-up to a harmful level again in just 7 days. The microfilm allows the bacteria involved in gum disease to proliferate and to mature, allowing them to work together against the host's tissues in a most harmful way.

Key in stabilisation of gum disease is efficient home care and frequent professional removal of this film. This frequency is determined by your gum health score and all booked appointments are very important to keep.

Our aim is to be at the forefront of primary prevention of gum disease where possible (ideal) and the re-establishment and maintenance of gum health where disease is found to be present.

Parking at the Crown Pub

A very large number of our patients are still unaware that we pay for car parking spaces at the Crown Public House just below the practice – under the railway bridge towards Weyhill. This is for your convenience and to ease congestion in Longdene and Kings Roads for our neighbours.

Visiting the dentist... it's a 'piece of cake'!

Partner Simon Allen was surprised and delighted to receive a 'thank you' in the form of a custom-made dentist cake from a grateful patient who needed some nurturing through her dental phobia.



Missing teeth?

Losing a tooth does not mean that you have to cope with a permanent gap in your teeth, or start wearing dentures – for an increasing number of patients, dental implants are the answer. They are strong, permanent and look and feel completely natural.

If you are interested in finding out more, please ask next time you visit.

STRICKLANDS

Dental Fitness Centre

MOUTHPIECE

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.



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

Stricklands Dental Fitness Centre
Longdene Lodge, Haslemere
Surrey GU27 2QB

Telephone 01428 654923
Facsimile 01428 641726
Email info@dentalfitnesscentre.co.uk
Web www.dentalfitnesscentre.co.uk

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.

