



Children's dental specialist

Christina specialises in the treatment of children – in particular those who are nervous of the dental chair or even refuse to attend!

"I am passionate about children's dental health. Children's dentistry is essentially about prevention so, my aim is to prevent dental disease where possible. Sometimes however, treatment is necessary. When it comes to intervention, some children are more difficult to treat than others. I have learned to see things from a child's perspective and am usually able to win over his or her trust so that I am able to perform the required treatment without distressing the child. It is also important that parents are entirely comfortable with my dental supervision of their child.

Baby teeth are very important. They serve for chewing, speech development and aesthetics. They also maintain the space needed for good alignment of the adult teeth. It is true that baby teeth are replaced, but, they should last in the

mouth, trouble-free for approximately ten years. Dental problems or negative dental experiences during this time can scar both teeth and attitudes well into adulthood. This is why prevention and the highest quality treatment are of paramount importance.

With time, expertise and empathy, dental treatment can be provided in such a way as to help children build up their confidence. Our priority is a child with a positive attitude towards dentistry. Therefore, decisions are made together with the child and the parent / guardian in order to achieve this."

Christina is available on Mondays and is currently open for new patients. Please call the practice on 01428 654 923 for more information or to book an appointment.



Intravenous sedation

Over the last 12 months, there has been a growth in the number of patients requesting intravenous sedation, as administered by Dr Debbie Davidson (BDS, DipDSed). This is an excellent way to have more complex dental treatment performed. Please ask us if you would like to know more about this.



Our dental referral team

In 2013 we began to hold regular evening lectures for external dentists to attend and meet members of the team to whom they can refer their own patients. We shall continue with these regular evenings this year and Maslinda is also starting up an Endodontic (root canal) study club. Our referral team is now working more hours at Stricklands and we hope this will be beneficial for both our own patients and those referred to us from other practices.

Reminding you

The most efficient way to ensure that you see your dentist and hygienist at the recommended intervals is to make your next appointments before leaving the practice. However, some patients still like to receive recalls or reminders. Therefore, we are currently asking all our patients how they would prefer to be contacted e.g. letter, home phone, mobile, e-mail or text, so please let us know at your next visit.



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.
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STRICKLANDS

Dental Fitness Centre

MOUTHPIECE

In this issue...

The articles in our latest newsletter include:

- ✓ Millions forget to brush their teeth
- ✓ Children's dental specialist
- ✓ More than brushing
- ✓ Are you happy with your smile?

Team spirit

We believe that it is our team that has made the practice such a success. Everyone is focused on working together to provide an exceptional level of treatment and patient care. Good team morale is very important. We recently got the team together for a team building day in London, including climbing the O2 arena.



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Millions forget to brush their teeth

New statistics reveal almost seven million people in the UK are likely to give cleaning their teeth the brush off.

Research conducted on behalf of the British Dental Health Foundation also revealed that over a quarter of the population admitted to not brushing their teeth even once in 24 hours and around 1 in 7 people said they did not clean their teeth for more than two days!

Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation says “anyone who regularly skips brushing their teeth morning or night is storing up oral health problems for the future such as tooth decay and gum disease – the biggest cause of tooth loss”.

Four golden rules for good oral health:

- Brush for two minutes twice a day using a fluoride toothpaste
- Clean between your teeth daily
- Cut down on how often you eat or drink sugary foods and drinks
- Visit us regularly, as often as recommended.

If you are overdue for a dental check-up or have any concerns, please give us a call and book an appointment. Let us help you to enjoy healthy teeth and gums for life!

Are you happy with your smile?

When you look in the mirror and smile are you completely happy with the smile looking back at you? Apparently, four out of five people in the UK are unhappy with their smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

People often hold back about doing anything to improve their smile as they are not aware of the treatments that are now available, or fear that they might be too costly.

However, many patients are pleasantly surprised at how easy and affordable smile enhancements can be:

- **Tooth whitening** – a very popular way to brighten up your smile
- **Tooth-coloured fillings** – restorations that look completely natural
- **Bonding** – disguise small imperfections such as chips, cracks and gaps

- **Veneers** – thin layers of porcelain to fit over the teeth to improve colour, shape and position
- **Dental implants** – strong, lasting, realistic replacements for missing teeth
- **Teeth straightening** – wide range of discreet treatment options available to straighten and realign crooked teeth

We have a strong focus on helping you to keep your teeth healthy, but we also enjoy helping our patients to get the most from their smile.

If you would like to find out more about our smile enhancing treatments, please ask, we'll be happy to help.

Did you know?

The tooth is the only part of the human body that cannot repair itself.

More than brushing!

It is very important to ensure that you remove the food that gets trapped between the teeth. You also need to remove the film of bacteria that forms there and under the gum-line on a daily basis before it has a chance to become destructive plaque.

Toothbrushing alone cannot clean between these tight spaces so please speak to us and we can advise you which method is best suited to you and your teeth. We can coach you through the correct way of cleaning in between your teeth and under the gum-line.



Fun fact

Whitening products for teeth date back to the Middle Ages. But the ancient procedures, in which the teeth would be filed down and bathed in nitric acid, quickly led to extensive tooth erosion!