

# PRACTICE NEWS

gwerysllt  
DENTAL CARE

All the latest news  
from your practice

Autumn 2010

“Helping you put a smile on life”



## Equipment upgrade

By the time this newsletter is produced, we should have an upgrade of the chair and equipment in Phil's surgery and new cabinetry in Laura's surgery.

The new chair should make it easier to provide treatment to patients sitting upright and the leg-break in the chair should make it feel less like a dental chair and more like a normal chair. Hopefully, this will be less threatening to nervous patients. All the associated equipment will have fibre-optic cabling to provide optimum illumination while working and the camera and the scaler will be built into the unit making everything much neater. This is a significant investment for the practice but hopefully will demonstrate our commitment to the highest quality dentistry available today.

## Friends or family with gum problems

With a number of new patients we are noticing a trend of untreated and undiagnosed gum disease. However, leaving it untreated can have devastating consequences on the health of the teeth as the damage done is irreversible. This is a particular problem in patients who are already at high risk of periodontal disease, such as smokers and those with a family history of periodontal

disease i.e. parents or brothers and sisters who have lost teeth early.

If you have friends or family who you suspect are at risk, we are offering a free consultation to assess the health of their gums. If nothing else it will remove any doubt. All we ask is that they give your name when making the appointment.





## 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 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 only to mealtimes, limiting the amount of time your mouth is at risk. Acidic food and drink 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.

## Tea could be good for your mouth

Many people in Britain suffer from tooth decay. Harmful bacteria in the mouth form plaque, which then reacts with sugar to form acid, which attacks tooth enamel.

Recent research has shown that tea may help to protect our teeth and keep them healthy. Tea is a natural source of chemicals called polyphenols which can destroy the bacteria and viruses that cause bad breath, tooth decay, gum disease and throat infections. Tea

also contains fluoride, which helps to strengthen and protect tooth enamel from acid.

As it contains no sugar, it is also a good alternative to soft drinks. And, as many people drink their tea with milk, they also get the benefits of calcium at the same time. When used alongside your regular brushing and flossing routine, tea could help to protect your dental health.



## Aesthetic polishing

If you have a special occasion coming up, you may want to consider aesthetic polishing. This is where we remove all external staining on the teeth and in between the teeth and can make a big difference if you have staining due to smoking or tea and coffee drinking. The cost of this is £34.60 and can make a dramatic improvement to your smile on that special occasion!



## Recession busting

We are all aware of difficult times economically. With this in mind, we have thought of a number of ways to limit the impact of dental bills on personal budgets. We don't want to lose any regular patients if at all possible during these difficult times. Firstly, we have decided not to increase plan charges this year. For larger bills over £300 we can look at spreading the cost interest-free over 12 months to help with managing the fees.

If the cost of treatment is a problem, please discuss this with us. There may be alternative treatments which allow us to delay the definitive treatment until finances allow. Also for plan members, your membership includes redundancy protection. If you lose your job, your plan fees can be covered for 12 months until you find further employment. Details can be provided by our reception staff.