

Mouthguards

When you are taking part in any sporting activity where there is a strong chance of contact with other participants or hard surfaces it is vital to protect your teeth from harm.

A mouthguard is like a crash helmet for teeth! It covers the upper teeth with the aim of cushioning a blow to the face. It can minimise the risk of damaged or broken teeth and injuries to the lips, tongue, cheeks or jaw. Wearing a mouthguard can help give you the confidence you need to perform to your full potential, safe in the knowledge that your teeth are well protected.

A custom-made mouthguard from your dentist can offer the best protection for your smile. The rubber-like cover fits exactly over the teeth and gums making it comfortable and helping it to stay in place.

If your child needs a mouthguard for school, please give us a call or ask next time you visit.



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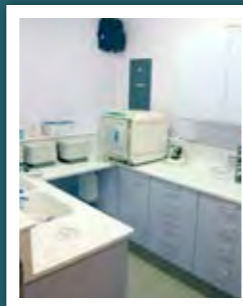
Follow us on facebook for the latest news from the practice. Just search for Whiteley Dental Practice and then click the 'LIKE' button to join. We will confirm you as a friend and then you will have access to up-to-date practice information. Be the first to know about special offers, prize draws, short notice appointments and fun competitions.

Don't keep us a secret!

We are accepting new patients. Please pass on our details to friends and family or anyone you feel could benefit from our services.

Practice improvements

We have recently undergone some extensive building works to update the practice. This has involved installing a purpose built sterilising room to comply with the latest government recommendations. This investment ensures that we are working to the highest standards of decontamination for your protection.



This project required us to move the hygienist room to between Ian and Jenny's surgery and the practice office to the other side of the waiting room. We have also re-sited the panoramic x-ray machine and laid a new floor in the public areas.

In addition, we have entirely replaced our computer hardware and installed the latest dental software to ensure the practice runs as smoothly as possible.

We believe that these changes are improving the care we provide. But, as always, your views are important to us, so if you have any concerns or recommendations, please don't keep them to yourself – let us know.

Just for laughs

Dentist: Please could you help me by giving out a few of your loudest, most painful screams?

Patient: Why? It doesn't hurt at all.

Dentist: There are so many people in the waiting room right now and I don't want to miss the England game this afternoon!



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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Issue 8



NEWS

National Smile Month 2011

During National Smile Month Laura and Glenda set up an oral health display outside Tesco at Whiteley, to raise awareness of the importance of good oral hygiene and the prevention of gum disease.

Gum disease is caused by poor oral hygiene, and is, therefore, totally preventable. Despite this, almost everyone suffers from it at some point in their lives. Brushing twice daily with fluoride toothpaste, cutting down on how often you have sugary foods and drinks, and visiting your dentist regularly will help prevent it occurring.

To help raise awareness of the importance of good oral health, free samples and leaflets were given to the public. Laura and Glenda were available to discuss concerns, answer questions, and offer advice.

If you have bleeding gums, or are in anyway concerned please contact your dentist at the earliest opportunity.



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Even pop stars get embarrassed about their smiles...

Pop star Katy Perry has said in a new YouTube video that she is embarrassed about her smile, and brushes her teeth three times a day to keep her breath fresh. Katy, whose hits include 'I Kissed a Girl' and 'California Girls', said in an interview: *"I have really jacked-up bottom teeth. I don't grin from ear to ear because I'm embarrassed."*



Many people are embarrassed about their smiles, for a whole host of reasons. A-lister Jessica Simpson has recently said her teeth are too slippery! *"My lips just slide all over the place... I can't catch up with my mouth,"* she said.

We are used to helping people who are unhappy with their smiles. Many patients are pleasantly surprised at how affordable treatment can be, especially if it is just a small imperfection that they want treated, such as a gap between their front teeth. Others feel it is so important to feel good about their smile that they invest in a full smile makeover, and often say afterwards that it has changed their lives.

If there is anything you would like to change about your smile, please do talk to us about it. We will be happy to explain the treatment options available to you and help you have the smile you have always wanted.

Fun fact

American dentist Val Kolpakov has set a new world record for the largest collection of toothpastes. He has over 1,800 toothpastes, with flavours including curry, bamboo, chocolate and whiskey.



Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.

For a healthier smile, eat more fish!

Eating plenty of fish and nuts can help you keep your teeth for life, according to new research. The American study suggests that polyunsaturated fatty acids found in foods such as fatty fish and nuts can help to lower the risk of gum disease.

Gum disease is a very common condition, and in its earlier stages can cause sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss. It is also increasingly being linked to other health problems such as heart disease, diabetes and premature births.

Chief executive of the British Dental Health Foundation Dr Nigel Carter said:

"This study shows that a small and relatively easy change in people's diet can massively improve the condition of their teeth and gums, which in turn can improve their overall wellbeing."

