

Top tips for adults for preventing root decay

- Eat regular meals and avoid frequent snacks, this includes dried fruit and fruit juices.
- Keep exposure to sugar to less than four or five occasions per day – it is how often you expose your teeth to sugar that matters.
- Avoid sugary nightcaps! Exposure to sugary things during the evening or before bed is especially harmful.
- Brush your teeth using a fluoride toothpaste.
- Leave toothpaste coating your teeth – do not rinse.
- Visit the dentist for routine check-ups and x-rays.



We hope that you find this useful, please ask if you have any questions.

Wedding bells

We are very happy to announce that Prash's nurse, **Donna**, will be marrying her fiancé, **Stephen** at the end of August. They will Honeymoon in Kenya. Congratulations to them both.

Our hygienists

Our hygienists – helping you to keep your teeth. Our hygienists play a vital role in your oral healthcare routine, and can make a huge difference in our ongoing efforts to help you keep your teeth for life.

Their main role is helping you to combat gum disease. This can often go unnoticed by sufferers because it is generally painless, but over time it can cause lasting damage which can eventually lead to tooth loss.

Gum disease is caused by plaque, a thin sticky layer of bacteria that is constantly forming on your teeth.

Our hygienists, **Emma** and **Gail**, give your teeth a professional clean, removing any plaque that has formed above and below the gum line. They also polish them, leaving your mouth feeling fresh and clean.

The hygienist will explain to you how best to care for your teeth and gums. This will include telling you the best way of brushing them, and the most suitable method for cleaning between your teeth and under the gum line.

For those with more advanced gum disease (periodontitis) they are able to carry out a personalised treatment programme to help bring it under control.

Check out our blog

Visit our website and click on 'Read our blog' to keep up-to-date with our latest news, information and special offers.

Opening hours

Monday & Wednesday	9.00am - 6.00pm
Tuesday	9.00am - 8.00pm
Thursday	8.00am - 6.00pm
Friday	8.00am - 2.00pm
Saturday	By arrangement



Smile Update

Oral cancer screening

At Beech Lane Dental Care we focus on preventive dentistry and recommend that you see us regularly so that we can spot any potential problems early.

Early diagnosis of oral cancer could save your life. We carry out routine oral cancer screening as part of your routine check-up examination. If we do spot any potential problems, we will let you know immediately and advise you to see an oral surgeon.



New patients

If you have any friends or relatives that would like to join our practice then please ask them to get in touch.



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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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."

