

## Practice news

We have been delighted to welcome a new dentist to our practice. **Antonia De-Lima** brings with her 15 years experience and is an excellent addition to our team. She has settled in very well and has been enjoying meeting lots of patients.



Antonia De-Lima

We take pride in encouraging team members to further their qualifications and take part in continuing professional development. Our latest news is that **Donna** has passed her nursing exams. Congratulations Donna.



U15 Tornados

We like to get involved in the local community and are sponsoring teams at **Laurel Park Football Club**. If you would like more information about the club please go to [www.laurelparkfc.com](http://www.laurelparkfc.com)



U15 Hurricanes

## Sonicare promotion

Effective brushing is a very important part of your oral healthcare routine. For a limited period you can purchase a **Sonicare toothbrush twin pack** from the practice for £125 and get a **sanitizer** worth £40 for just £5. Germs thrive on toothbrushes, now you can avoid using an unhygienic brush by using the sanitizer to kills germs. Please ask at reception for more information about Sonicare and the other products that we stock.

## Smile with confidence

We offer a wide choice of smile enhancements, from whole smile makeovers to simply disguising small imperfections such as chips and cracks.

**Veneers** can have a huge impact on your smile, covering a variety of imperfections, from chips and gaps to crooked, misshapen or dark and stained teeth. They are very thin layers of natural-looking porcelain that are bonded to the front of your teeth. They are extremely versatile, and can completely transform your smile.



**The Inman Aligner™** is a revolutionary appliance which can straighten teeth in just 4 to 16 weeks. It is the ideal solution for patients who are self-conscious about their misaligned teeth, but who don't want to commit to lengthy treatments.

**Dental implants** are becoming increasingly popular. These are strong, permanent and very realistic replacements for missing teeth.

If you would like more information please ask us. We will be happy to tell you more about these treatments and any others that may be suitable for you.

**To help make our range of dental treatments more affordable, we offer an interest-free payment facility from Medenta Finance. This enables you to spread the cost of more advanced procedures over several months. Please ask if you would like more details.**

### 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

## Whitening offers

Tooth whitening continues to grow in popularity. Here at Beech Lane we offer a choice of whitening treatments to erase stains caused by tea, coffee, red wine or smoking, and whiten teeth which have become naturally darker over the years.

We are running a special offer on our whitening treatments until 1st February 2010. Prices start from just £255. Call us today, mentioning this article, to book a consultation.

**We are always delighted when our patients recommend us to their family and friends. Thank you for your continued support.**



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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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# Stressed?

## Tooth grinding or clenching

When we are particularly busy and stressed our health can sometimes be affected, with symptoms ranging from headaches to depression, hair loss or even ulcers. But did you know that stress can also affect our dental health?

Tooth grinding or clenching can be a symptom of tension that often goes unnoticed by sufferers as many will only experience it whilst they are asleep. Signs that someone could be suffering from tooth grinding (bruxism) can include waking up with a headache, earache, jaw or facial pain that eases as the day goes on; and/or signs of wear and tear of teeth including sensitivity, flattening, cracks, broken cusps or fillings.

A specialist splint can help to relieve symptoms and prevent further damage – please ask for more information.

If teeth are damaged already then they can be corrected with bonding or porcelain veneers, onlays and crowns.

## fun fact >>>

Fifties' heart throb James Dean lost his two front teeth in a motorcycle accident in his youth and as a result he wore a partial denture (false teeth). Apparently he loved to put them in people's drinks when they weren't looking!

## 10 TOP TIPS... for a winning smile

**1** The easiest way to boost your smile is by taking care of it on a daily basis. This means ensuring you brush your teeth twice a day.

Clean between your teeth and around the gum-line every day. This helps prevent the build-up of plaque, which in turn helps to prevent gum disease. **2**

**3** Use a fluoride toothpaste, this makes the teeth more resistant to decay.

Change your toothbrush every 6-12 weeks. Worn bristles can cause damage to your teeth and gums, they become less effective and old toothbrushes can also breed bacteria. **4**

**5** Give your toothpaste more time to work! Rinse your toothbrush but not your mouth, simply spit out the toothpaste. Alternatively rinse with a mouthwash containing fluoride.

Visit us regularly to avoid storing up problems, such as gum disease and tooth decay. Your teeth can also be professionally cleaned and polished regularly, putting an extra sparkle in your smile. **6**

**7** Eat a well-balanced, healthy diet. Try to cut down how frequently you consume sugary food or drinks. If you need to snack, try savoury foods (be aware some savoury foods still contain sugars).

Avoid acidic drinks between meals – smoothies, juices, cordials, concentrates and diet drinks can erode the enamel of your teeth. The answer? Drink water or milk. **8**

**9** To give your smile an extra boost, you might like to consider tooth whitening. Your teeth can often become stained, particularly by drinking tea, coffee and red wine. They also become discoloured as you grow older.

If your teeth need a little extra attention – if you have gaps, cracked or chipped teeth, or they need straightening, please speak with us. We can then discuss the options available, and create a suitable treatment plan. **10**

## WHY YOU SHOULD EAT YOUR GREENS!

Eating more fruit and vegetables each day could reduce the risk of head, mouth and neck cancers, according to new research.

American scientists spent five years studying a group of 500,000 over 50-year-olds, and found that those who ate six portions of fruit and vegetables every day were 30% less likely to develop the cancers than those eating just 1½ portions.

The study also said that each extra serving of fruit and vegetables per 1000 calories was linked to a 6% reduction in the disease – so the more you eat, the better!



## Dental attraction

Nearly one in five women think people with a great smile are more likely to be successful in finding love. Nearly two thirds of those surveyed by Invisalign®, who provide virtually invisible braces, said that when they met a potential love interest their smile was the first thing they noticed.

If you want to give your smile – and potentially your love life! – an extra boost then there are a number of different options to suit you and your budget. Tooth whitening is a very popular way of brightening up a smile, and can take years off you as well. Having your teeth straightened can make a big difference, and veneers can hide a number of imperfections, giving you the smile you've always dreamed of.

