

# Peace of mind & easy budgeting



Denplan Care allows you to spread the cost of dental care by paying a set amount each month. The scheme covers all clinically necessary dentistry (excluding lab fees). Routine and preventive care such as examinations, x-rays, fillings and hygienist visits are all included, as well as root fillings, gum treatment and major restorative work such as crowns, bridges and dentures when necessary.



As a member of the scheme you also benefit from accident and emergency cover. This includes emergency treatment outside of surgery hours and treatment after a dental injury. It can also provide great peace of mind when you are travelling abroad, as the worldwide cover helps you to get dental help from a reputable practice if you need it.

For more information, please ask at reception.

## New equipment

At Beech Lane Dental Care we constantly invest in the practice to ensure we offer our patients the best in modern dentistry.

We now have an OPG digital x-ray system. This is an advanced x-ray that gives us a panoramic view of your mouth. It is an excellent tool for diagnosis and treatment planning.

## Straightening your teeth



Having your teeth straightened can be a real confidence booster, and the great news is that these days there are many different options available.

The revolutionary Inman Aligner™ is proving increasingly popular. This is a removable brace that allows the correction of crowded front teeth. The treatment only takes 2 to 3 months as opposed to the 18 to 24 months with conventional orthodontic treatment.

To find out more about this or any of our other ways we can enhance your smile, just ask, we'll be happy to help.

***If you are interested in spreading the cost of your treatment we can give you details of interest-free credit payment plans from Medenta Finance.***

## Don't keep us a secret!

At Beech Lane Dental Care we are always happy to accept new patients. If you know of anyone who would like to join a friendly, caring practice, please do let them know about us.

### 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

## Replacing your missing teeth



Dental implants are a great way of replacing one or more missing teeth. They are strong, permanent, and look and feel completely natural.

The implants themselves are tiny titanium metal posts which are gently placed into your jawbone. Over a few months your jawbone bonds with the post, forming in effect a false tooth root.

The implants then provide a stable base for either a single missing tooth or a bridge replacing a number of teeth. They can also hold dentures firmly in place, making eating and speaking much easier.

**If you're interested in finding out more please book a no-obligation consultation.**



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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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# Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

## Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



# Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

# The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

## Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

