



What is in an examination?

We are here to help you and your family to avoid problems such as tooth decay and gum disease, so you can keep your teeth for life.

We recommend regular dental examinations as these are an important part of preventive care. They can help you achieve and maintain a good level of oral health and minimise treatment needs.

In addition to a thorough examination of your teeth. We include:

1. Screening to check for gum disease.
2. Oral cancer screening.

3. An examination of the muscles of the head & neck and the jaw joints.
4. Advice on whether any treatment is required including a discussion of all the options available and the cost.
5. Preventive advice on how to prevent gum disease and tooth decay.

Visiting us regularly helps us to keep a close eye on what is happening in your mouth, and to spot potential problems at an early stage so they are easier to treat.

Please call and book an appointment if you think you are overdue.

Dental erosion



Dental erosion is often caused by consuming fizzy or sugary drinks and snacks too often. Usually your saliva will wash away sugars and neutralise acids. This takes time (generally around 40 minutes). If you keep consuming sugary and acidic food and drink, it simply cannot keep up, and so your teeth can become damaged.

Here are some tips to help you avoid dental erosion and keep your teeth healthy:

- Try not to snack between meals – if you can't then cheese, nuts, raw vegetables, sandwiches, toast, crumpets and pitta bread are all 'safe' snacks.
- Give up the sweet drinks, and if possible drink water or milk.
- Tea and coffee are fine if they are un-sugared, although they may contribute towards tooth staining.

- If you have a sweet tooth or are partial to a glass of fruit juice or wine, then aim to only indulge yourself at mealtimes.
- Wait for at least one hour after eating or drinking anything acidic before brushing your teeth.
- Finish a meal with cheese or milk as this will help neutralise the acid.
- Brush your teeth twice a day using a fluoride toothpaste.
- Chew sugar-free gum after eating to help produce more saliva to help cancel out the acids which form in your mouth after eating.
- If you have suffered with dental erosion we may recommend high fluoride toothpaste or Tooth Mousse to remineralise your teeth.

If you have any questions or concerns about dental erosion or any other dental topic please ask us next time you visit.

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blue court smiles

In this issue...

The articles in our latest newsletter include:

- ✓ Millions forget to brush their teeth
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New patients welcome

Do you know anyone who would like to join our friendly, caring practice? We are happy to accept new patients, so please pass on our details.



You are in very good hands

Dr Dixit is an elected board member and Scientific Director of the British Academy of Cosmetic Dentistry (BACD). He has the responsibility of determining the scientific content of the BACD conferences. This is a prestigious post to hold and demonstrates Dr Dixit's dedication to improving his own dentistry and helping dentists deliver the highest quality dental care. It is good to know that we have such an experienced and knowledgeable dentist here at Blue Court.



Edited in association with the
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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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Millions forget to brush their teeth

New statistics reveal almost seven million people in the UK are likely to give cleaning their teeth the brush off.

Research conducted on behalf of the British Dental Health Foundation also revealed that over a quarter of the population admitted to not brushing their teeth even once in 24 hours and around 1 in 7 people said they did not clean their teeth for more than two days!

Dr Nigel Carter OBE, Chief Executive of the British Dental Health Foundation says “anyone who regularly skips brushing their teeth morning or night is storing up oral health problems for the future such as tooth decay and gum disease – the biggest cause of tooth loss”.

Four golden rules for good oral health:

- Brush for two minutes twice a day using a fluoride toothpaste
- Clean between your teeth daily
- Cut down on how often you eat or drink sugary foods and drinks
- Visit us regularly, as often as recommended.

If you are overdue for a dental check-up or have any concerns, please give us a call and book an appointment. Let us help you to enjoy healthy teeth and gums for life!

Are you happy with your smile?

When you look in the mirror and smile are you completely happy with the smile looking back at you? Apparently, four out of five people in the UK are unhappy with their smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

People often hold back about doing anything to improve their smile as they are not aware of the treatments that are now available, or fear that they might be too costly.

However, many patients are pleasantly surprised at how easy and affordable smile enhancements can be:

- **Tooth whitening** – a very popular way to brighten up your smile
- **Tooth-coloured fillings** – restorations that look completely natural
- **Bonding** – disguise small imperfections such as chips, cracks and gaps

- **Veneers** – thin layers of porcelain to fit over the teeth to improve colour, shape and position
- **Dental implants** – strong, lasting, realistic replacements for missing teeth
- **Teeth straightening** – wide range of discreet treatment options available to straighten and realign crooked teeth

We have a strong focus on helping you to keep your teeth healthy, but we also enjoy helping our patients to get the most from their smile.

If you would like to find out more about our smile enhancing treatments, please ask, we'll be happy to help.

Did you know?

The tooth is the only part of the human body that cannot repair itself.

More than brushing!

It is very important to ensure that you remove the food that gets trapped between the teeth. You also need to remove the film of bacteria that forms there and under the gum-line on a daily basis before it has a chance to become destructive plaque.

Toothbrushing alone cannot clean between these tight spaces so please speak to us and we can advise you which method is best suited to you and your teeth. We can coach you through the correct way of cleaning in between your teeth and under the gum-line.



Fun fact

Whitening products for teeth date back to the Middle Ages. But the ancient procedures, in which the teeth would be filed down and bathed in nitric acid, quickly led to extensive tooth erosion!