



## The importance of regular check-ups

We want to help you to avoid problems by giving you sound advice on the best way to care for your teeth, as well as keeping a close eye on your teeth and gums through regular check-up examinations. Please visit us as often as we recommend so we spot any potential problems early to save you time and unnecessary expense.

and eventually tooth loss. It is also being increasingly linked to other health problems such as heart disease.

We also carry out oral cancer screening as part of every check-up. Early diagnosis could save your life. If we do spot any potential problems, we will let you know immediately and advise you to seek medical help.

**If you would like to book an appointment please give us a call to arrange a suitable date.**

During your check-up we will check for signs of gum disease. This condition is very common and if left untreated can lead to bad breath; sore swollen gums,

## Keep us informed

If you change your address or telephone number please let us know as soon as possible. This helps keep our records up to date and ensures we communicate as effectively as possible with you.

## Tooth whitening

**If you are considering whitening your teeth to give your confidence a boost then please speak to us to find out more or to arrange a consultation by calling us on 020 8904 9440.**

Here is a recent case based on 14 days of home whitening. As you can see the results make a huge improvement to the patient's smile and confidence, with which she was delighted.

By speaking to us about having your teeth whitened, you will be able to avoid the potential pitfalls associated with over-the-counter kits. We will be able to advise you on the method best suited to you. And we'll be able to work with you to help you achieve a smile you can truly be proud of.

*"I have always been self conscious of my teeth as they had a yellow tint. But since Blue Court Dental helped me to whiten my teeth, I feel like a new person! I can finally smile confidently and I have Nishan to thank for that." Miss ZL*



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# blue court smiles

## Welcome to our latest newsletter

In this issue we provide some tips to help you cut down on sugar and discuss how improving your smile needn't cost the earth. We also show you how whitening your teeth professionally can really improve your smile.

## Surgery improvements

We always aim to provide our patients with high quality dental care in comfortable and relaxed surroundings and our continuous investment in the practice is enabling us to do just that. Nishan has recently revamped his surgery and we now have a separate area for instrument sterilisation.



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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### Did you know?

Elizabeth I had to have all her teeth removed, apparently because of her love of sweets. Once they were removed, she refused to appear in public without padding out her mouth with wads of cotton to maintain a more normal, younger-looking, face shape

## Improving your smile needn't cost the earth

If you would like to enhance your smile, please talk to us. We are constantly investing in the latest dental techniques and technology, and so are 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'll be able to explain your choices.

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 do need more extensive work, we can put together a treatment plan that will allow you to have the dentistry carried out gradually, over a time frame that suits you and your budget.

**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.**

## Tips

# to help you cut down on sugar...

**Every time you eat or drink anything sugary, your teeth remain under acid attack for up to one hour. This is because the sugar is digested by the bacteria in plaque (the sticky coating on your teeth) to produce harmful acids. So it is important to try to only have sugary foods or drinks at mealtimes, limiting the number of times your mouth is at risk.**

We wanted to provide you with some useful tips to help you cut down on sugar:

### 1: Start the day right

By having a filling breakfast you're more likely to avoid those unhealthy snacks throughout the day. Beware though that many cereals are laden with sugar.

### 2: Read your labels

Sugar can go by many other names such as sucrose, glucose, fructose, maltose, molasses, hydrolysed starch and corn syrup. Get in the habit of checking your food labels as many savoury foods have hidden sugars. The traffic light labelling system is a quick way to check. Also, watch out for 'fat free' options as these often contain high levels of sugars.

### 3: Opt for healthy snacks

Reduce the frequency of sugar consumption by limiting sugar to mealtimes only. Be wary that fruit (especially dried) can be very high in sugars; why not try a small handful of nuts instead? They are an excellent protein source and make a great snack.

### 4: Watch your drinks

Not only are fizzy drinks and juices high in sugar, but so too are alcoholic drinks. In fact, the Oral Health Foundation report that alcoholic drinks account for 11% of the UK population's daily intake of added sugar. Watch out at the coffee shop too; a Starbuck Venti (extra large) white chocolate mocha with whipped cream has 73.8g of sugar (about 18 teaspoons) and as many calories as a main meal!

### 5: Create healthy habits

Making small changes to our daily routine is the key to a healthy, balanced lifestyle. For example why not try:

- Getting a good night's sleep. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.
- Drinking more water. The more hydrated we are, the less likely we are to snack
- Cutting out sugar in your tea and/or coffee
- Limiting desserts and puddings to weekends or maybe every other day – anything to help you cut down
- Out of sight, out of mind – it's much easier to resist temptation when it's not staring you in the face – hide the biscuit barrel at the back of the cupboard; or best yet remove it all together

### 6: Chew sugar-free gum

Chewing sugar-free gum helps protect your teeth and gums in between meals when it may not be possible to brush with a toothbrush and fluoride toothpaste.

Your teeth are more at risk of acid attack after you have eaten. You can reduce this acid attack by chewing sugar-free gum, as it helps the mouth to produce more saliva – the mouth's natural defence against acid.

## ? Did you know?



A typical can of cola contains 35g (nine teaspoons) of sugar. According to recent research by Cancer Research UK, UK teenagers drink enough sugar every year to fill a bathtub with fizzy cola!

A five-year-old should have no more than 19g of sugar in a day, a 10-year-old no more than 24g, and teenagers and adults no more than 30g.

## Brush up ?

Replace toothbrushes every 3 to 4 months. Consider getting a new toothbrush sooner if you have been sick, especially if the toothbrush is stored close to other toothbrushes. When in doubt, look at the bristles. If they are splayed, they won't clean teeth as thoroughly.