



White fillings

When we ask patients if there is anything they would like to change about their smile, they often say that they are not happy with their amalgam (grey) fillings. They can be quite visible, and having a number of them can make you feel very self-conscious about smiling or laughing.

Our preference is to use some of the most recently developed white filling materials. Whilst the new materials have the same strength and long lasting qualities as amalgam, the main benefit is that they come in a wide selection of colour shades so that, in most cases it is quite impossible to see that the tooth has ever been filled.

As you can see from the before and after photos, having white fillings can make a huge difference to the way your teeth look.

If you would like more information or to discuss possible replacement of your existing amalgam fillings, please ask us. We will be happy to tell you more.

“My old silver fillings were replaced with new white ones and it has made such a big difference.

My smile now looks good and feels great and it has given me so much confidence that I cannot stop smiling.

Nishan made me feel very comfortable before and during the treatment.”

VM – Wembley

Creating confident smiles

Our aim is for you to feel happy and confident with your smile. Our dental team emphasise to all patients the importance of taking good care of teeth and gums, which is why we encourage all of our patients to attend regular dental examinations as well as hygienist appointments, as recommended.

Whilst preventative dentistry is the best method of maintaining good oral health, some patients choose to undergo cosmetic dentistry procedures in order to enhance their smile. A few of our most popular cosmetic treatments include:

Orthodontics – for beautifully straight teeth

Dental implants – to replace missing teeth

Veneers – to improve the appearance of teeth

Teeth whitening – to help patients to achieve a whiter smile

If you would like to find out more about our cosmetic dentistry treatments, please give our friendly team a call on 020 8904 9440.



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blue court smiles

Welcome

Our newsletters are aimed at providing you with the latest dental health news, information about our services and tips on looking after your teeth and gums.

In this issue...

- White fillings
- Mouth cancer - if in doubt get checked out
- Ruling to give UK boys HPV vaccine will save many lives
- Ten reasons to smile
- Medication matters
- Creating confident smiles

If you have any questions about anything you read or any other dental matter, please get in touch, we'll be happy to help.



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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Mouth cancer

If in doubt, get checked out

The British Dental Health Foundation estimates that over the next decade around 60,000 people in the UK will be diagnosed with mouth cancer. Without early detection an estimated 30,000 people will die.

Mouth cancer can affect anyone, but people who smoke, drink excess alcohol, have a poor diet or use chewing and smokeless tobacco are particularly at risk. More recently, one of the most common sexually transmitted infections – the Human Papilloma Virus or HPV for short – has also been linked to mouth cancer.

Early detection is vital as it significantly increases your chances of survival, but many of the initial symptoms are hard to detect. It is very important to visit us regularly. We always include a mouth cancer screening as part of your check-up, and if we spot anything unusual we can advise you to seek further investigation.

If you are worried about anything unusual that you see in your mouth; an ulcer that does not heal within three weeks, any unusual red or white patches in the mouth or any swellings in the head and neck area please make an appointment with us so we can check it out for you.

For more information on mouth cancer visit www.mouthcancer.org

Ruling to give UK boys HPV vaccine will save many lives



HPV (Human Papilloma Virus) is one of the leading causes of mouth cancer. Since 2008, girls have been offered a HPV vaccination to protect against cervical cancer.

Now, a decision to also offer a vaccination to boys via a school based programme will offer protection for men from life-threatening diseases caused by HPV including mouth, penile and anal cancers as well as genital warts.

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BRITS EITHER LIKE OR LOVE THEIR SMILE, ACCORDING TO THE RESULTS OF A NEW NATIONWIDE SURVEY.*

**1 Oral Health Foundation (2018) 'National Smile Month 2018 United Kingdom Survey', Atomik Research, Survey, April 2018, Sample 2,005*

Ten reasons to smile

- 1 Smiling boosts your immune system**
Smiling and laughing decreases stress hormones, relaxes the body and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- 2 Smiling lowers blood pressure**
Smiling and being happy can improve the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- 3 It reduces stress**
When we smile it triggers the release of endorphins that lift your mood and counteract the stress hormones.
- 4 Smiles provide a natural 'high'**
If you're feeling down, even putting a 'fake' smile on your face helps lift your mood and gets those happy endorphins released!
- 5 It's a natural pain killer**
Those clever endorphins that are released when you smile can also act as a natural pain killer.
- 6 Smiling encourages trust**
Studies show that we are more trustful of others when they smile and smile genuinely. Trust is an important part of social health when dealing with people and is a solid foundation for all relationships.
- 7 Smile your way to success**
A smile can appear confident, self-assured and on top of your work. Research shows smiley people are more readily approached with business ideas and advancements.
- 8 You'll look younger**
Smiling naturally lifts the face and helps make people look younger and more attractive.
- 9 It's contagious**
If you smile its likely to make someone else smile, creating a chain reaction and spreading the health benefits throughout those around you.
- 10 You'll live longer**
There is evidence that those who smile often live an average of 7 years longer than those who rarely conjure a regular smile.



If you're not completely happy with your smile, please speak to us. We'll be happy to suggest ways in which it could be enhanced, and in most cases those enhancements can be surprisingly affordable.

Medication matters



To ensure that we treat you safely, and avoid any potential problems that could occur, we need to know about any medical conditions and medications you are taking.

Please inform us of the medications you take. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

Having this information helps us to avoid potential problems; it also helps us to understand any signs and symptoms seen in your mouth, and to help you with any side-effects that your medication might cause.

On occasions, we may spot symptoms of illnesses that you were unaware of, and can advise you to see your doctor.

PLEASE LET US KNOW WHENEVER YOUR HEALTH OR YOUR MEDICATION CHANGES. YOU CAN EITHER TALK TO US WHEN YOU NEXT VISIT, OR GIVE US A CALL SO WE CAN CHANGE YOUR RECORDS.