

Case study

Having a great smile can make a huge difference to the way you feel, your self-confidence, and the way that other people react to you.

Dr Dixit is a full member of the British Academy of Cosmetic Dentistry. He has taken part in extensive post-graduate education and has completed numerous training courses in cosmetic dentistry.

At Blue Court Dental Centre we offer a wide range of treatments to make you feel more confident about your smile. These range from smaller, simple and affordable treatments that make a huge difference to the way you look, to complete smile makeovers.

Here is one example of the work that we can carry out. This 27 year old man came to us as he was not happy with his protruding front tooth and the size of the gap between the teeth.

Dr Dixit improved this patient's smile by placing two new crowns and two veneers on his upper teeth. The patient also wanted the gap between his two front teeth closed slightly, back to approximately where it was when he was younger. He is delighted with his new smile.

If you would like to discuss any aspects of your smile which concern you and find out about the options available, call to arrange an initial consultation.



Bad breath

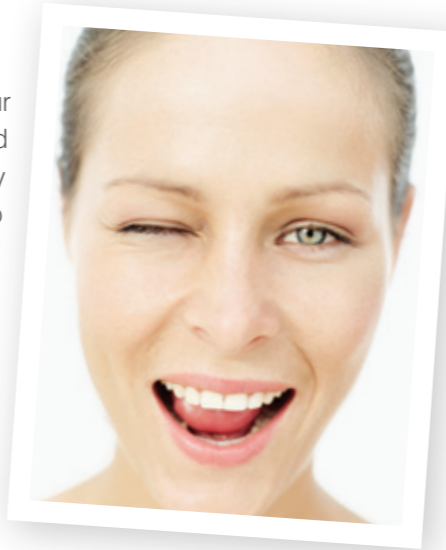
Do you sometimes worry that your breath isn't quite as fresh as you'd like it to be? Well, you are not the only one, bad breath has been estimated to affect up to 50% of us at some point during our lives.

Bad breath, or halitosis, can be a result of eating strongly flavoured foods such as garlic or onions. In this case the smell can be temporary and masking the smell until it disappears is the best option.

In other cases however, it may be a result of bacteria in your mouth. If this is the case then it is important to follow a good oral healthcare routine, scrupulous brushing (including cleaning your tongue, either with your brush or a special tongue scraper), cleaning between teeth and below the gumline and regular visits to your dentist and hygienist.

In some cases, bad breath can be caused by a medical condition, such as sinusitis, diabetes, or problems with the digestive system.

If you are worried about your breath then please don't be embarrassed to speak to us, we can thoroughly check your mouth and provide relevant advice and treatment.



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blue court smiles

Welcome to our latest newsletter



This issue is packed full of helpful tips and interesting facts. Inside, we show you how you can enjoy chocolate without worrying about harming your teeth – just beware of the calories! We tell you how more men than ever are investing in their smile. Also find out what unusual method was used in the middle ages for preventing tooth decay!

Thank you

We would like to thank all our patients for the trust and loyalty you place in us – we appreciate it. We are also grateful to those of you who have recommended their friends and family to the practice, and continue to offer a warm welcome to anyone you feel would benefit from our services.

 British Dental Health Foundation
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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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FULL MEMBER

In this issue...

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- Great news for chocaholics!
- Men & smile makeovers



Energy drinks: friend or foe?

A harmless boost of energy when you need it most, or is there more to the average energy drink? Marketed as performance-enhancing, they are now commonly found in athletes' kit bags and used by students to keep them awake so they can study for longer.

But dentists are concerned about the effect they are having on people's teeth.

The drinks usually contain citric acid, which can cause erosion of teeth, where the outer protective layer, the enamel, is worn away, causing sensitivity and lasting damage.

They also often contain the equivalent of up to five teaspoons of sugar, which means if they are sipped or drunk too frequently they can cause tooth decay.

If you want to use these drinks there are ways in which you can minimise the damage caused to your teeth. For example, you should drink them as quickly as possible, preferably through a straw. They also tend to do less damage to teeth if they are cold, straight from the fridge.

Overall, however, from a dental perspective there is really no better alternative than good old-fashioned water. And if you use the tap variety, it's also a lot cheaper!

Top tooth tip

If you feel the need to pick your teeth after a meal, make sure you use a proper dental tool such as a dental stick, floss or an interdental brush. Using anything else, even cocktail sticks, might cause damage to your teeth and gums.



Canine teeth?

In the middle ages, people believed that they could prevent tooth decay by using a mouth rinse made from dogs teeth boiled in wine. Fortunately modern mouthwashes are much more palatable, as well as much more effective!



Getting the most... ...from your dentist



We want to build a great working relationship with all our patients, so we can provide you with the treatments that are best suited to you and your needs.

We are always happy to talk with you about any problems or worries you may have, and to explain any different treatment options so you can make the right decision for you, your lifestyle and your budget.

The best time to talk with us is when you visit for a check-up. Tell us if you are not happy with your smile – we can make suggestions on how to improve it. Many clients are pleasantly surprised at just how achievable and affordable treatment can be.

If you are having any trouble with anything – toothache, bleeding gums, jaw pain, etc, please let us know so we can pay extra attention to the problem areas during our examination.

We will always explain what is involved with different treatment options, but if there is something you are unsure of please don't be embarrassed to ask. Similarly, if you need time to think something over, just say so.

Great news for chocaholics!



At last – someone has developed a chocolate that is friendly to teeth, so you will no longer have to feel quite so guilty when you indulge your sweet tooth.

The new tooth-friendly chocolates have been created by two Belgian chocolate companies, using chocolate which has been awarded a 'Happy tooth' label by non-profit dental health organisation, Toothfriendly International.

The chocolate has been developed using a special production process and unique ingredients, such as natural sugar isomaltulose instead of refined sugar and milk proteins instead of milk powder.

Men & smile makeovers

More men than ever are investing in smile enhancements, according to a recent UK survey.

The British Academy of Cosmetic Dentistry found that almost 40% of all cosmetic dental treatments carried out in the UK were on men, a noticeable difference on the previous year.

The most popular procedures for men were white fillings, crowns, veneers and tooth whitening, with an increasing move towards less invasive procedures that enabled patients to keep more of their natural tooth.

The survey also showed that orthodontic treatment (tooth straightening) has leapt in popularity, with almost three times as many procedures being carried out. Over half of these used removable and often virtually invisible appliances, which are becoming increasingly popular.

