

Smile – it's good for you!

Having a great smile not only boosts your confidence, it can also help you to be happy and healthy.

Research has shown that smiling increases levels of the 'happy hormone' serotonin, which lifts your mood and can help to improve your health. Smiling also releases endorphins, the body's natural pain relief hormones – many natural health advisors suggest that chronic pain sufferers should find ways of staying cheerful and happy so they will feel less pain. It can even help you to stay looking young – it uses far less muscles to smile than it does to frown, which means you're less likely to acquire ageing frown lines!

The key to a confident smile is a good oral healthcare routine. This means brushing your teeth twice a day, especially at bedtime, not eating sugary foods too often, and cleaning between teeth and under the gum line each day.

Regular visits to the dental practice are vital too. Problems such as decay can be nipped in the bud, and your teeth and gums benefit enormously from regular professional cleaning.

Other ways of caring for your teeth include drinking water throughout the day, chewing sugar free gum for a little while after each meal and not smoking.

If you are self conscious about your smile for any reason – for example your teeth may be stained, uneven or have gaps between them – we can advise you on the best way to enhance it. Thanks to recent advances in dentistry, most imperfections can be easily removed.

If you would like more information on caring for or enhancing your smile, please ask next time you visit – we'll be happy to help.



Case study

This patient was unhappy with his discoloured upper front tooth. It was making him feel self-conscious and so he came to us for help.

Dr Dixit recommended **internal bleaching** to lighten the tooth from within. A special gel was inserted into the tooth and it was sealed with a small temporary filling. The whitening occurred over the next week or so as the solution penetrated the tooth structure. When the tooth had reached the desired shade the patient then returned to the practice to have the solution removed and the hole filled.

The treatment was very effective as you can see from the pictures. The patient is now a lot happier with his smile and feels much more confident.

If you have a discoloured tooth or any other dental concern, please talk to us next time you visit. We will be happy to discuss the options available.



Before treatment



After treatment

Reception

If you have been to see us lately you may have seen a new face on reception. Priscilla's friendly and helpful manner makes her ideal for this role. She will be happy to organise your next visit and help with any queries you may have.



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blue court smiles

In this issue...

There is something for everyone in our latest newsletter. We give you ten top tips to help you boost your smile, and explain why you should eat your greens. You can read about how stress can affect your dental health – tooth clenching and grinding are common problems. Also, find out if a great smile can help you to find love, and much more!

If you have any questions about anything you read, please get in touch – we are always happy to help.



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Stressed?

Tooth grinding or clenching

When we are particularly busy and stressed our health can sometimes be affected, with symptoms ranging from headaches to depression, hair loss or even ulcers. But did you know that stress can also affect our dental health?

Tooth grinding or clenching can be a symptom of tension that often goes unnoticed by sufferers as many will only experience it whilst they are asleep. Signs that someone could be suffering from tooth grinding (bruxism) can include waking up with a headache, earache, jaw or facial pain that eases as the day goes on; and/or signs of wear and tear of teeth including sensitivity, flattening, cracks, broken cusps or fillings.

A specialist splint can help to relieve symptoms and prevent further damage – please ask for more information.

If teeth are damaged already then they can be corrected with bonding or porcelain veneers, onlays and crowns.

fun fact >>>

Fifties' heart throb James Dean lost his two front teeth in a motorcycle accident in his youth and as a result he wore a partial denture (false teeth). Apparently he loved to put them in people's drinks when they weren't looking!

10 TOP TIPS... for a winning smile

1 The easiest way to boost your smile is by taking care of it on a daily basis. This means ensuring you brush your teeth twice a day.

Clean between your teeth and around the gum-line every day. This helps prevent the build-up of plaque, which in turn helps to prevent gum disease. **2**

3 Use a fluoride toothpaste, this makes the teeth more resistant to decay.

Change your toothbrush every 6-12 weeks. Worn bristles can cause damage to your teeth and gums, they become less effective and old toothbrushes can also breed bacteria. **4**

5 Give your toothpaste more time to work! Rinse your toothbrush but not your mouth, simply spit out the toothpaste. Alternatively rinse with a mouthwash containing fluoride.

Visit us regularly to avoid storing up problems, such as gum disease and tooth decay. Your teeth can also be professionally cleaned and polished regularly, putting an extra sparkle in your smile. **6**

7 Eat a well-balanced, healthy diet. Try to cut down how frequently you consume sugary food or drinks. If you need to snack, try savoury foods (be aware some savoury foods still contain sugars).

Avoid acidic drinks between meals – smoothies, juices, cordials, concentrates and diet drinks can erode the enamel of your teeth. The answer? Drink water or milk. **8**

9 To give your smile an extra boost, you might like to consider tooth whitening. Your teeth can often become stained, particularly by drinking tea, coffee and red wine. They also become discoloured as you grow older.

If your teeth need a little extra attention – if you have gaps, cracked or chipped teeth, or they need straightening, please speak with us. We can then discuss the options available, and create a suitable treatment plan. **10**

WHY YOU SHOULD EAT YOUR GREENS!

Eating more fruit and vegetables each day could reduce the risk of head, mouth and neck cancers, according to new research.

American scientists spent five years studying a group of 500,000 over 50-year-olds, and found that those who ate six portions of fruit and vegetables every day were 30% less likely to develop the cancers than those eating just 1½ portions.

The study also said that each extra serving of fruit and vegetables per 1000 calories was linked to a 6% reduction in the disease – so the more you eat, the better!



Dental attraction

Nearly one in five women think people with a great smile are more likely to be successful in finding love. Nearly two thirds of those surveyed by Invisalign®, who provide virtually invisible braces, said that when they met a potential love interest their smile was the first thing they noticed.

If you want to give your smile – and potentially your love life! – an extra boost then there are a number of different options to suit you and your budget. Tooth whitening is a very popular way of brightening up a smile, and can take years off you as well. Having your teeth straightened can make a big difference, and veneers can hide a number of imperfections, giving you the smile you've always dreamed of.

