

Smile analysis

Our aim is to boost your confidence with a smile you can be truly proud of. This brief questionnaire should help you to identify any aspects of your smile that could be enhanced. If you would like to discuss how we can help with any improvements, please bring this along to your next appointment.

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1) Do you like the colour of your teeth? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Do you have a space between your front teeth? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Do your front teeth protrude or stick out? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Are your front teeth crowded or overlapping? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) When you smile broadly, are your teeth all one colour? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Do you cover your mouth when you smile, or make sure it is closed when you are having your photograph taken? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Do your teeth have white or brown stains? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) If your front teeth contain tooth coloured fillings, do they match the shade of your teeth? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) In a full smile, the back teeth normally show. Are your back teeth free of stain and discolouration from unsightly restorations? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Do your restorations (fillings, veneers and crowns) look natural? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11) Are your gums pink and healthy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12) Is your mouth free from decay or gum disease that can cause bad breath? | <input type="checkbox"/> | <input type="checkbox"/> |
| 13) If you could alter your smile, what would you most like to change? | | |

Case study

Nishan sees lots of patients that are unhappy with their teeth. He enjoys helping them to smile with confidence. Here is one example:

This patient had retained baby teeth that were 'sinking' on his lower jaw. He wanted to improve the appearance but didn't want to wear braces or have the teeth taken out. Nishan added composite to the teeth and skilfully made them look like permanent teeth. The patient was very happy with the end result.



If there is anything that you would like to change about your smile please get in touch and book a no-obligation consultation. Nishan will be happy to explain your treatment options so you can decide what is right for you.

Race for life

Good luck to **Sonal and the girls** who are taking part in the race for life this summer. They are taking part in the 5km event to raise money for Cancer Research. If you would like to sponsor our team please contact the practice. You may also like to visit www.raceforlife.org for more information.

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blue court smiles

Thank you for your continued support

We would like to thank all our patients for the trust and loyalty you place in us – we really appreciate it. Please keep visiting us regularly so that we can keep a close eye on your teeth and gums and keep you smiling with confidence. Spotting any potential problems at an early stage can save you unnecessary time and expense. During your check-up we look for signs of mouth cancer; early detection could save your life.

We are also grateful to those of you who have recommended friends and family to the practice, and continue to offer a warm welcome to anyone you feel would benefit from our services.



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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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Even pop stars get embarrassed about their smiles...

Pop star Katy Perry has said in a new YouTube video that she is embarrassed about her smile, and brushes her teeth three times a day to keep her breath fresh. Katy, whose hits include 'I Kissed a Girl' and 'California Girls', said in an interview: *"I have really jacked-up bottom teeth. I don't grin from ear to ear because I'm embarrassed."*



Many people are embarrassed about their smiles, for a whole host of reasons. A-lister Jessica Simpson has recently said her teeth are too slippery! *"My lips just slide all over the place... I can't catch up with my mouth,"* she said.

We are used to helping people who are unhappy with their smiles. Many patients are pleasantly surprised at how affordable treatment can be, especially if it is just a small imperfection that they want treated, such as a gap between their front teeth. Others feel it is so important to feel good about their smile that they invest in a full smile makeover, and often say afterwards that it has changed their lives.

If there is anything you would like to change about your smile, please do talk to us about it. We will be happy to explain the treatment options available to you and help you have the smile you have always wanted.

Fun fact

American dentist Val Kolpakov has set a new world record for the largest collection of toothpastes. He has over 1,800 toothpastes, with flavours including curry, bamboo, chocolate and whiskey.



Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.

For a healthier smile, eat more fish!

Eating plenty of fish and nuts can help you keep your teeth for life, according to new research. The American study suggests that polyunsaturated fatty acids found in foods such as fatty fish and nuts can help to lower the risk of gum disease.

Gum disease is a very common condition, and in its earlier stages can cause sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss. It is also increasingly being linked to other health problems such as heart disease, diabetes and premature births.

Chief executive of the British Dental Health Foundation Dr Nigel Carter said:

"This study shows that a small and relatively easy change in people's diet can massively improve the condition of their teeth and gums, which in turn can improve their overall wellbeing."

