



Straightening **your teeth**

Many people have crooked and/or over-crowded teeth, which can affect the way they look and the way their teeth bite together, as well as their confidence. Having your teeth straightened can make a massive difference to your smile.

We are delighted to be able to offer a range of orthodontic (tooth straightening) treatments right here at the practice without the need for you to experience any of the hassle that can be associated with being referred elsewhere.

Our treatment range includes virtually invisible clear aligners that are very discreet and removable braces that can reposition irregular

front teeth in a matter of months. Modern technology and techniques mean that treatment can be much quicker, easier and more discreet than in the past.

If you would like to know more about how we can straighten your teeth and give your confidence a boost, please contact us to arrange an initial consultation.

Beating **bad breath**

Bad breath, or halitosis, can be traced to a number of sources, but generally tends to be a result of either the food we eat or the bacteria living in our mouth.



Most of us are aware that if we eat garlic or strongly spiced food, it will affect the way our breath smells. In this instance there is little we can do other than mask the smell until it disappears.

But in the case of bacteria, we can make a lot of difference simply by following a good oral healthcare routine – scrupulous brushing (including cleaning your tongue, either with your brush or a special tongue scraper), flossing 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 think you may suffer from bad breath, don't be embarrassed to ask us about it – we are here to help. We can give your mouth a thorough check, and provide relevant advice and treatment.

Facebook & Twitter

Follow us on Facebook: www.facebook.com/bluecourtdental and Twitter: @nishandixit to keep up-to-date with the latest news and information from the practice and to be the first to know about any special offers.



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blue court smiles

Crowning **glory**

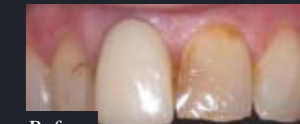
Today's crowns are far superior to the ones of old, looking and feeling very realistic. Crowns are usually fitted if you have a tooth that has been damaged by decay or accidental damage, and that is not strong enough to support any other type of restoration such as a filling.

The patient wasn't happy with her existing crown and her discoloured and heavily filled front teeth. We whitened her teeth and then crowned her front four teeth using emax all porcelain crowns. She was delighted with the transformation that the latest type of all porcelain crowns gave her.

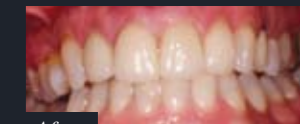
If there is any aspect of your smile that you are not entirely happy with please get in touch – we will be happy to help.



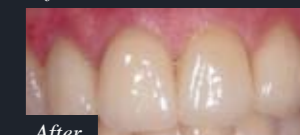
Before



Before



After



After

Don't keep us a secret

We are accepting new patients. Please pass on our details to friends and family or anyone you feel could benefit from our services.



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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Mind the gap

Sometimes, despite all our best efforts to look after your teeth and gums you may lose a whole tooth or part of one. This can be caused by an accident or by the tooth being weakened by decay or everyday wear.

Do not worry though, losing part or all of a tooth doesn't mean you have to cope with a permanent gap, nor does it necessarily mean that you have to wear dentures. There are a number of options which may be available.

When only part of a tooth is lost, a crown, veneer or onlay is often a good solution. These natural looking replacements fit over the existing tooth and are carefully colour-matched to your other teeth. They are individually crafted by skilled dental technicians to ensure a perfect fit.

If you have a completely missing tooth then a bridge or an implant offers a fixed solution. A bridge is made by fixing a replacement tooth to one or both of the

teeth on either side for support. An implant is a titanium 'root' fitted into the bone, and has the advantage that it does not rely on neighbouring teeth for support. A crown can then be fitted onto the implant to replace the missing tooth.

Please speak to us if you would like to discuss which treatment option would be best suited to you.



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.

If you are pregnant the changes in your hormones can affect the health of your gums, and so we need to monitor them extra closely. We will also need to avoid carrying out any dental X-rays.

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.

Fun fact

The blue whale is the largest mammal on earth and its tongue can weigh as much as an elephant! This whale does not have any teeth; instead it has a row of plates in its mouth with a 'moustache' of long bristles on the end – this helps it eat a whopping 3.5 tonnes of krill each day!



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 please visit www.mouthcancer.org