



Missing teeth?

Losing a tooth does not mean that you have to cope with a permanent gap in your teeth, or start wearing dentures – for an increasing number of patients, dental implants are the answer.

The photos above show how a missing tooth was replaced with an implant supported crown.

The implant was placed by Dr Dixit's colleague and surgeon and allowed to heal and integrate with the bone for 3-4 months. The tooth was then skilfully restored by Dr Dixit.

As well as restoring the patient's normal appearance the treatment was recommended for functional and preventative reasons.

If left untreated, the gap could have caused periodontal (gum) problems to adjacent teeth. It could have also caused other teeth to move leading to problems with the way the teeth bite together.

The patient is delighted with the result and is able to smile with confidence once more.

If you have any missing teeth and are interested in finding out more about dental implants, please get in touch on 020 8904 9440.

Sensitive teeth?

Many people sometimes suffer pain when eating or drinking hot or cold food and drinks, when cold air hits their teeth, or maybe when they consume something sweet or acidic.



Sensitivity often occurs when the hard outer cover of the tooth, the enamel, has worn away, exposing the softer dentine underneath. This can be caused by dental erosion, a major cause of which is consuming too many acidic drinks. Other causes might include gum recession, or a cracked tooth or filling.

If you have problems with sensitive teeth, please discuss it with the dentist so we can offer help. This might include treating the affected teeth with special de-sensitising products, such as fluoride gels, rinses, mousses or varnishes. You can also use toothpaste for sensitive teeth – this works best if you leave it on your teeth after brushing, rather than rinsing.

Don't keep us a secret

If you have any friends or relatives that are looking for high quality dental care delivered in comfortable and relaxed surroundings please do tell them about us. We always welcome new patients.

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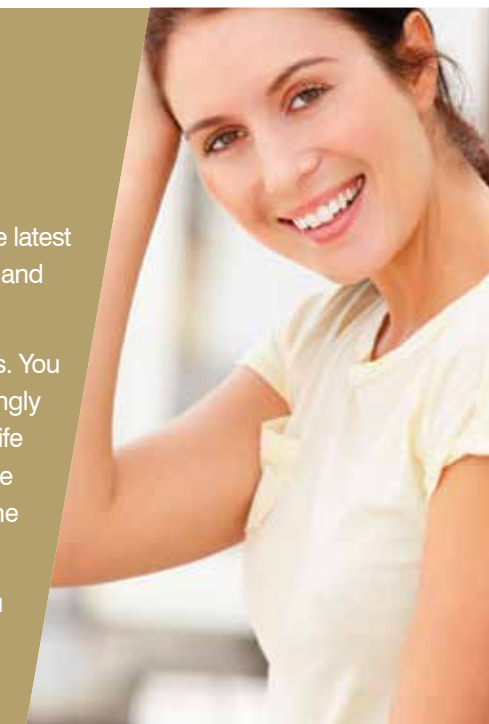
blue court smiles

Welcome to our newsletter

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.

This issue is packed full of lots of interesting articles. You can read about replacing missing teeth with amazingly natural looking tooth replacements and see a real life example from our practice. We include some advice about preventing tooth decay in children, explain the signs and symptoms of mouth cancer and more!

If you have any questions about anything you read or any other dental matter then please just ask – we will 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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Dental Implants

Implants are amazingly natural looking replacements that feel as strong and comfortable as your own teeth. They not only restore normal appearance but make eating and speaking much easier than with dentures.

With so many benefits, more and more people are choosing implants over dentures and bridges and are delighted with the results.



Dental implants replace the tooth's own root, allowing a replacement tooth to be anchored permanently into the jaw – just like natural teeth. Once in position, an implant can secure a single replacement tooth, a bridge or a denture with several replacement teeth. And the real benefit is that they are virtually indistinguishable from your own teeth. Which means you can enjoy an attractive and natural looking smile once more.

If you would like to know more and find out if implants would be suitable for you, please call to arrange an initial consultation.

BE MOUTH AWARE

“If in doubt, get checked out”.

Three signs and symptoms not to ignore are:

- Ulcers which do not heal in three weeks
- Red and white patches in the mouth
- Unusual lumps or swelling in the mouth or head and neck area

If you notice any of these symptoms tell your dentist or doctor immediately. For more information please visit www.mouthcancer.org

New research has suggested that postmenopausal women who suffer from periodontal disease are at a significantly increased risk of developing breast cancer.

Always tell your dentist about changes to your health, as it may help them prevent gum disease from developing.

Preventing tooth decay in children

Every child who has teeth is at risk of tooth decay, but the risk increases for those living in the more deprived areas where the imbalance in income, education, employment and neighbourhood circumstances affect the life chances of children's development.

- Tooth decay is a preventable disease
- 170 multiple extractions are performed each day
- The number of multiple extractions performed in hospital under general anaesthetic has risen by almost 20% since 2012
- 42,911 children in 2016/17 went to hospital for tooth extractions under general aesthetic
- These operations cost the NHS £165 million

The evidence tells us that to maximise prevention of tooth decay, children aged 0 to 6 years should brush their teeth at least twice a day with family fluoride toothpaste (containing 1350 to 1500 parts per million (ppm) fluoride). Children under 3 years old should use a smear and 3 to 6 year olds a pea sized amount. They should spit not rinse after brushing and tooth brushing should be supervised by an adult.

(source: British Dental Association, 2018)



Beware

A single 330ml can of a soft drink with added sugar (which can contain as much as 35g of sugar), may instantly take a child over their maximum recommended daily intake of sugar.

Public Health England recommends that for babies:

- Breast milk is the only food or drink babies need for around the first six months of their life. First formula milk is the only suitable alternative to breast milk
- Bottle-fed babies should be introduced to drinking from a free-flow cup from the age of 6 months and bottle feeding should be discouraged from 12 months
- Only breast or formula milk or cooled, boiled water should be given in bottles
- Only milk or water should be drunk between meals and adding sugar to foods or drinks should be avoided

For all children:

- Reduce the quantity and frequency of foods and drinks that contain sugar, only give sweet foods and dried fruit at mealtimes
- Squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks ideally have no place in a child's daily diet
- Limit the amount of fruit juice and smoothies your child drinks to a maximum of 150 ml (1 portion) in total per day and drink it with meals to reduce the risk of tooth decay
- Always ask for sugar-free medicines

Top 3 interventions for preventing tooth decay

<p>1 Reduce the consumption of foods and drinks that contain sugar</p> 	<p>2 Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and on at least one other occasion. After brushing, spit don't rinse</p>	<p>3 Take your child to the dentist when the first teeth erupts, at about 6 months and then on a regular basis</p> 
<p>Under 3s should use a smear of toothpaste</p> 	<p>3 to 6 year olds should use a pea sized amount</p> 	
<p>Parents / carers should brush or supervise tooth brushing until their child is at least 7</p>		

Please do ask us if you have any concerns or questions regarding your or your children's oral health, we are here to help.