

Word of Mouth

Please read - it might just save your life



Autumn 2014

A UK oral health charity is once more leading Mouth Cancer Action Month – a campaign dedicated to raising awareness of mouth cancer.

Taking place throughout November, its organisers the British Dental Health Foundation, alongside the Mouth Cancer Foundation and supportive dental practices across the UK, will be raising awareness of the disease that claims more lives than testicular and cervical cancer combined.

Mouth Cancer Action Month promotes the message 'if in doubt, get checked out' in a bid to save thousands of lives through early detection.

The number of people diagnosed with mouth cancer in the UK has significantly increased over the last decade, with latest figures showing 6,767 new cases a year.

One person loses their life to mouth cancer every five hours. As a result, action really must be taken to raise awareness and change this outlook for the better. Chief executive of the British Dental Health

Save money on your wrinkle treatment

Just recommend our facial rejuvenation treatment to your family and friends! Please give them a referral card with your name on and ask them to hand it to Anthony at their first appointment. You will receive a 10% discount for each person we see who you have recommended. Refer 5 and save 50% - refer 10 & your next session is free!

Foundation, Dr Nigel Carter OBE, highlights the importance of early detection in the battle against the disease.

The warning signs

- Ulcers that do not heal within three weeks
- Red or white patches in the mouth
- Unusual lumps or swellings in the mouth

Dr Carter says: "The good news is that if mouth cancer is caught early enough then the chances of survival substantially increase. Encouraging patients to perform

self-diagnosis such as looking for ulcers that do not heal within three weeks, red or white patches in the mouth and any unusual lumps or swelling can also help towards early detection."

Founder of the Mouth Cancer Foundation, Dr Vinod Joshi, said: "Head and neck cancers are particularly vicious and debilitating when detected late. Patients suffer for the rest of their lives and require much post-operative and psychological care. The management of these cancers is a huge drain on medical resources. Mouth Cancer Action Month is about saving lives and educating the public about the early signs of the disease."

Introducing a gentler alternative

If you are fearful of the drill and caused anxiety by the sound of some of our dental instruments, the introduction of our new painless, drill-less air polishers will be music to your ears.

Air polishing (or air abrasion) works by spraying high-pressured water and a very fine powder at the teeth to gently but effectively blast away deposits, decay and stubborn stains.

The treatment is a non-invasive and there are no unnerving sounds or vibrations - leaving you with the bright, healthy smile you desire.

It can be used for:

- Fissure sealants
- Removing old fillings
- Preparing teeth for fillings
- Cleaning heavy stains from teeth

Teeth can become discoloured from frequently drinking red wine, tea, coffee,



smoking, taking antibiotics or simply part of the ageing process.

Air-polishing is a highly effective way to brighten your teeth. The procedure rids the teeth of stains and returns them to their natural colour. It offers patients an immediate solution that will make their teeth look and feel fantastically fresh and clean. If you'd like more information about air polishing, please give us a call.

Spotlight on - alcohol & oral health

Christmas and New Year can often be a busy time of festive parties and evenings out that include drinking alcohol. We are not saying bah humbug to having a good time but please do consider your teeth!

The main threats to your teeth from alcoholic drinks are their high sugar content and acidity.

The sugars create a breeding ground for bacteria and plaque, while the acids can cause erosion of your tooth enamel, making them more susceptible to decay and sensitivity.

Research also tells us that drinking alcohol to excess is linked to around a third of all cases of mouth cancers.

Those who mix alcohol with energy drinks should be especially careful because these can contain up to 16 teaspoons of sugar per pint and have higher acid levels than most other fizzy drinks - even the diet versions.



sugars. (Drinking water will also keep you hydrated and this will help you avoid a hangover.)

- Chew sugar-free chewing gum during the evening and on your way home to help stimulate saliva flow. This will help clear the mouth of harmful sugars and acid.

- After a night out, brush your teeth before you go to bed for two minutes with a fluoride toothpaste. Remember to leave about an hour after your last alcoholic drink before you brush.

One of the best ways of keeping your mouth, teeth and gums in the peak of health is to visit your dentist and hygienist regularly, at least every six months. If you have

any concerns, please give us a ring, or ask next time you visit and our team will be happy to help.

What can I do to help?

- Swish water around your mouth after each alcoholic drink to rinse away any

Practice News

Welcome aboard

We would like to give a warm welcome to Dora, our new dental nurse. Dora started working as a dental nurse in March 2012 after having worked in hospitality in 3 different countries. She obtained her Diploma in Dental Nursing in spring 2014 and finds it a refreshing and exciting change from her previous career. Outside of work Dora enjoys reading, travelling and being artistic.



Free screening

During Mouth Cancer Action Month in November we are offering non-patients the opportunity to have free mouth cancer examinations.

You, our existing patients, are routinely examined for the disease, so please tell your family and friends. Booking is essential. Please visit our website for dates when the free screening will take place.

Do you have diabetes? Please tell us

People with diabetes are at 'significantly' greater risk of developing head and neck cancer, according to new research.

The study discovered that groups of patients with diabetes are almost 50 per cent more likely to develop the disease compared to those without diabetes.

From those cancers identified, it was cancer of the mouth and throat that were the most common areas diagnosed, with diabetics aged 40-65 discovered to be the most at risk.

In the UK, 3.2 million people have diabetes. A further 630,000 people are predicted to have Type 2 diabetes that has not yet been diagnosed. Left untreated, diabetes can cause many health problems, including damaged blood vessels, nerves and organs.

Diabetes has previously been linked to poor oral health, yet this is the first time it has been linked to mouth cancer.

Regular dental visits are an absolute must as we routinely check for mouth cancer and can provide extra advice to those with diabetes.

Gift vouchers now available

Give the gift of a smile. Our gift vouchers can be used for everything from tooth whitening to hygiene therapy. Please ask us at reception for details.

Beechwood Dental Practice

8 Beechwood Avenue
Boscombe Manor
Bournemouth
Dorset
BH5 1LX

Tel: 01202 397 074

Opening hours

Monday: 8.30 - 4.30
Tuesday: 9.00 - 5.00
Wednesday: 9.00 - 5.00
Thursday: 9.00 - 7.00
Friday: 9.00 - 12.30

Christmas hours

We will be closed
from the 25th - 29th
December and on
Thursday 1st Jan

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Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.