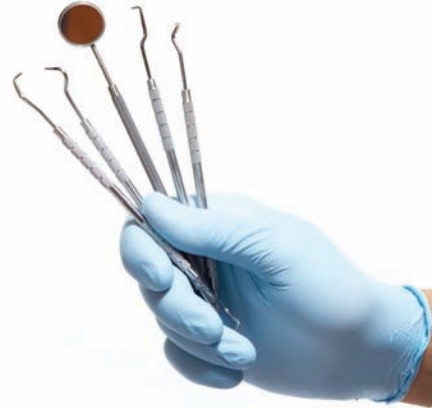


Word of Mouth

Your safety is our utmost priority



Winter 2015

The media coverage of a dentist in Nottingham, who was accused of not keeping his surgery clean, not changing his gloves between patients and general unhygienic practices, caused understandable worry in the wider community.

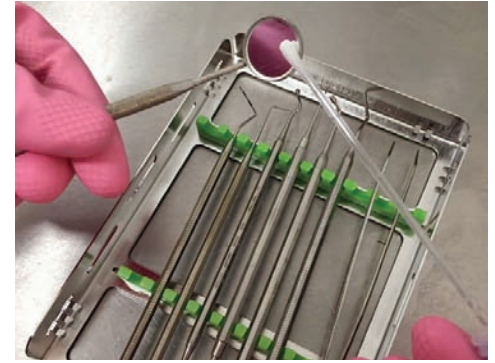
We thought now would be a good time to remind all our patients that your safety is of utmost importance to us.

Please rest assured that our team does everything it can to ensure our practice is of the highest cleanliness at all times.

Our fully qualified dentists, hygienists and nurses receive regular training in decontamination and cross infection control to ensure your and our safety.

- We have a state-of-the-art decontamination room
- Our gloves are used ONCE and then thrown away
- All instruments are sterilised and placed in a sealed bag ready for use
- All instruments are used ONCE before re-sterilising
- We always wash our hands thoroughly between patients
- We use, and encourage the use of, hand gel throughout our practice

If you have any questions about the cleanliness and hygiene at our dental practice, or would like to see our decontamination room, please just ask.



Pleased with our service?

Then please tell your family, friends and colleagues! When they join us, you will receive a £10 M&S voucher as a token of our appreciation.

Cure tooth clenching for only £95

Did you know tooth grinding and clenching cause many problems?

- Migraine
- Chronic headaches
- Aching muscles
- Jaw and neck pain
- Morning headaches

The condition is known as bruxism and it affects over 10 million adults in the UK. If you have any of these symptoms talk to Anthony as he can help you.

Bruxism has many effects, most commonly tooth wear and broken teeth. Some of the most debilitating effects are headaches, migraines and chronic tension headaches, and these symptoms often go untreated.

Using specially constructed 'mini splints' Anthony can now prevent the source of the problem: the hyperactivity of the jaw muscles.

This splint is worn over the front



teeth at night and is clinically proven to prevent tooth clenching and grinding.

We can fit an SCI splint for you in one visit, giving immediate relief. SCI+ splints can also help. These require 2 visits and are tailor made for you in the laboratory. [Ask us for details!](#)

Spotlight on - *cherishing our teeth*

If we were told that we could keep our bodies fit and healthy by visiting the gym twice a year, supported by just four minutes a day of exercise, we'd be over the moon.

That's all it takes to keep our teeth dentally fit and healthy. Just two visits a year could save us from the pain and misery that comes with toothache.

Unlike going to the gym, dental and hygiene examinations don't make you sweat! They are not painful and many people actually find them thorough, pleasing and reassuring - and they prevent potentially painful problems from arising.

We have worked hard to make sure our dental practice is welcoming and calm, and that our team is friendly and knowledgeable.

We sell a range of oral products and you can purchase the right oral products for your mouth because they are recommended personally. You can also learn the techniques to care for your teeth and gums better. Have you ever asked



about brushing instruction? If not, please do, as we would be glad to help.

Power brushes are better

The not-for-profit Cochrane report has found that manual tooth brushes are outperformed by power brushes in the short and long term.

To find out which brush is best for you and your family, please speak to our hygienist.

She will also demonstrate the right brush and show you how to use it properly. There is a huge difference in technique between power and manual brushing and most people don't know what it is.

If you already have a power brush but have never had instruction, please ask at your next hygiene appointment.

Life without teeth

Almost one in four people aged 65 and over have lost all of their teeth. Imagine spending your old age with no teeth at all.

We are living longer and healthier lives and we are more likely to keep our own teeth for life than we were a decade ago, but only if we take caring for them seriously.

Statistics indicate that 53% of adults do not visit their dentist on a regular basis and this figure makes us despair. Please join our challenge, detailed below, to encourage more people to attend a dentist - not necessarily us but any dentist! - at least once in 2015!

Practice News

Year of the smile

Make a new year's resolution to look after your smile. It is really important to visit the dentist regularly, so that we can spot any potential issues quickly before they become painful and more expensive to treat.

Please don't neglect your teeth - book your essential regular appointment now.

Do you 'like' us?

Then please follow us on Facebook. Our page can be found at www.facebook.com/BeechwoodDental where you will find all the latest news and offers.

Book online

Book your next appointment online - it's easy!

To make our patients' lives easier, it is now possible to book oral health examinations online. Just visit www.beechwooddental.co.uk/thepractice.html and click on the 'Book Online' button on the left hand side.

Join our challenge to encourage visits

We only have one set of adult teeth and we would be lost without them! Regular visits help keep our teeth healthy for life. Please join us by encouraging your family, friends and colleagues to visit their dentist at least once in 2015.

Tooth decay statistics cause concern

Public Health England has released figures showing 12% of three year old children have tooth decay - with each child having an average of three decayed teeth.

This study follows a survey of five year olds carried out in 2012 that found more than one in four had some degree of tooth decay.

Tooth decay is largely preventable and parents and carers can help by cutting down on the amount of sugary food and drinks children consume.

Of course, adults should be careful about their sugar intake too. One way to help is by swapping sugar for xylitol. Xylitol is a healthier sugar that has been described as the biggest advance against cavities since fluoride.

Xylitol is found naturally in vegetables, fruits and trees, tastes similar to sugar but with 40% fewer calories, and is safe for diabetics. The European Food Safety Authority said that: chewing xylitol gum reduces the risk of caries (decay) in children". Please ask us for more information next time you visit.

Beechwood Dental

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smile@beechwooddental.co.uk

Opening hours

Monday: 8.30 am - 4.30 pm
Tuesday: 9.00 am - 5.00 pm
Wednesday: 9.00 am - 5.00 pm
Thursday: 9.00 am - 7.00 pm
Friday: 8.30 am - 12.30 pm
Botox Clinic
Friday 12.30 pm - 4.30 pm

www.beechwooddental.co.uk

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.