

Word of Mouth

Keep your mouth healthy with our three top tips



Winter 2016

After the indulgences of Christmas, the new year is a good opportunity to reflect on our health and wellbeing. So what better time to provide you with some helpful tips for maintaining a healthy mouth - and all round better general health - in 2016.

The health of our mouths provides a good indication of our overall wellbeing. The links between gum disease and conditions such as diabetes, strokes, bacterial lung infections, heart disease, problems with pregnancy and dementia have been found by scientists, so any dental or gum problems should be investigated as soon as possible.

Consideration of your teeth

When our mouths work well, we barely give them a second thought. But the moment we have a problem, we realise just how vital a healthy mouth is.

People who make a resolution to adopt a good oral health routine in 2016 will benefit from more than just improved oral health.



Due to popular demand we have increased our Polish & Go hygiene service. Elkie is now available on Monday afternoons as well as all day Tuesday and Thursdays.

Call us now to book.

We urge you to raise your level of tooth consciousness to reflect the major role they play in our lives.

Home care regime

The most important part of your dental care routine is the bit you do at home.

Reports indicate that an electric toothbrush is best and remember to change the brush heads regularly to ensure they continue to work effectively.

We should all brush for 2 minutes twice a day with a fluoride toothpaste. Avoid swishing your mouth with water after

brushing as this flushes away the fluoride and don't use a mouthwash immediately afterwards either for the same reason.

Mind your gaps by carefully cleaning between your teeth with floss, interdental brushes or a Waterpic cleaner.

Regular visits

Lots can happen between visits and no matter how meticulous your oral hygiene regime, bacterial plaque builds up and can lead to gum disease and tooth decay. Six monthly appointments are recommended for a reason! Your examination also checks for oral cancer - so please don't put it off.

Educating children about sugar



Our recent children's dental education afternoon was a great success. A Tooth Fairy, Santa and Christmas Elves educated children about the consequences of having too much sugar in their drinks and the effects of sugar



on their dental health.

Tooth brushing demonstrations were given by the Tooth Fairy, dental examinations by Santa and visits to the Elf Hygienist were enjoyed by all who came.

Spotlight on - *sugar and your teeth*

Sugar has been a hot topic for some time now and leading health experts have labelled it just as bad as tobacco for our health.

There's every chance your intake of sugar - in sweets, chocolates, fizzy drinks and alcohol - will have increased over the festive period, so now's the time to make a difference and here's why.

The sweet stuff has been linked to obesity and tooth decay in adults and children and the statistics are worrying:

- Eight per cent of three year-olds have visible signs of tooth decay
- One in four five year-olds also do
- Around one in four men and women are classed as clinically obese
- Childhood obesity continues to increase - one in six is obese
- The NHS is spending £47bn treating the problem

Sugar and plaque bacteria cause decay but it's not how much you eat, it's how often and how long the sugar is on your



teeth that really matters. It takes your teeth at least 45 minutes to recover from every sugar attack.

Three top tips

Cut down on sugar

Sweet drinks (especially those in a bottle or with a sports cap), sweets and lollipops are particularly bad because the teeth are bathed in sugar for a considerable time. According to Jamie Oliver, soft drinks are the largest single source of sugar consumption for school-age children and teenagers, so by limiting these we can

make a huge difference.

Limit sweet foods and juice to mealtimes

Fruit juice contains natural sugars that can cause decay. Dilute juice with water and limit it to mealtimes. Milk and water are best between meals.

Sweets and chocolate

Encourage savoury tastes wherever possible but when eating sweets and chocolate do so in one sitting, rather than spreading them through the day, so that the teeth are not exposed to sugar for as long.

How to cope with dental anxiety

Dental anxiety is one of the most common phobias in the world with nearly a third of all adults disliking the dentist and 1 in 10 of us having a phobia so strong that we actually avoid making visits to the dentist.

Around 50 per cent of the UK population does not visit the dentist – and a quarter of those fail to do so because they are too afraid.

Dental phobics tends to avoid visiting the dentist until they have a problem but we urge our patients not to neglect their teeth. Poor dental health is linked to heart disease, bacterial lung infections, premature births, diabetes and strokes, meaning regular visits are vital to maintaining good general health and wellbeing.

Calm environment

Sometimes all it takes to help soothe your

nerves is knowing that your fears are being taken seriously. We aim to provide a calm environment that takes your dental care at a speed you a comfortable with.

Breathing exercises

Controlled breathing relaxes your body and shifts your focus to other things in order to preoccupy your mind. The easiest breathing techniques simply involves inhaling and exhaling through your nose for a slow count of three - so three seconds breathing in followed by three seconds breathing out. This technique is particularly useful as it also overcomes the breathing issues many of us feel when things are in our mouth.

Talk to us

Please let us know that you are anxious and we will do all we can to help.

Practice news



Sue's charity challenge

Our practice manageress Sue, is currently training to take part in the Women V Cancer Ride the Night in London in May. She is joining an amazing team of women and helping to raise funds to fight women's cancers.

The challenge is to cycle 100km around London at night and the first ride raised over £1m for three charities, Breast Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action. If you would like to support Sue and make a donation go to her just giving page at www.justgiving.com/sueinman

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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
Friday	12.30 pm - 4.30 pm

Botox Clinic

www.beechwooddental.co.uk

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