

## Mr & Mrs

We would like to congratulate our dentist Aleksandra and husband Adam on their marriage. They had an amazing wedding day and many of the EDHT team were there to share the celebrations with them. We wish them a long and happy life together.



## Free mouth cancer screening

Mouth cancer is diagnosed in 6,750 people annually in the UK. Better awareness and prompt detection saves lives, with early diagnosis improving the survival chances to more than 90 per cent.

Our patients have regular examinations to ensure they are professionally screened for the signs of mouth cancer using advanced technology. But still many people do not see a dentist regularly and so we would like your help to spread the word among your friends, family and colleagues

so that they can visit us any time for a free mouth cancer check.

We will use our VELscope technology that can detect cases of cancerous and pre-cancerous lesions that might not be visible to the naked eye.

### Remember to never ignore:

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

**If in doubt, please get checked out, call us on 01386 422833 to book.**

Our whole team recently attended a Mouth Cancer Awareness charity fundraising walk and awareness seminar at Cheltenham Racecourse and our team photo was featured in the Gloucestershire Echo. Two hundred people, including dentists, hygienists, dental nurses, cancer survivors and ex-Bond girl Fiona Fullerton, joined the event in aid of the Mouth Cancer Foundation, and raised £3,000 to help fight mouth cancer. To find out more, please ask us or visit [www.mouthcancerfoundation.org](http://www.mouthcancerfoundation.org) and [www.mouthcancer.org](http://www.mouthcancer.org)



## Try giving up smoking to improve your gum health

We all know the health benefits of giving up smoking, but did you know that smoking puts people at much more risk of losing teeth through gum disease? Alongside gum disease, smoking also causes bad breath, tooth staining and mouth cancer.

Smoking increases bacterial plaque activity whilst reducing the delivery of oxygen and nutrients to the gums. It generates free radicals that delay the healing process, making the gums more susceptible to infection.

Our dental nurses have attended training provided by the Gloucestershire Stop Smoking Support Group so that we can offer the very latest advice and guidance to patients.

We can advise how smoking affects your health and can offer advice on how to cut back and preferably, stop. We can point you in the direction of nearby 'stop smoking' clinics if you would like any further help.



## Gum care

Gum disease is the single biggest cause of tooth loss and it affects most adults and more than half of all teenagers. It causes bad breath and bleeding gums and has also been linked to heart disease, diabetes, bacterial lung infections, premature births and strokes. It often progresses as a chronic infection without patients realising, destroying the bone around the teeth.

The good news is that with regular visits to your dentist, and especially your hygienist, as well as a meticulous dental hygiene routine at home, gum disease can be controlled.

If you have any questions, please ask us at your next appointment or give us a call for more information.

### Opening Hours:

Monday	8.30am - 7.00pm
Tuesday	8.30am - 7.00pm
Wednesday	8.00am - 7.00pm
Thursday	8.30am - 7.00pm
Friday	8.30am - 5.30pm
Saturday	8.30am - Midday



# smile matters

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## Digital Bite Analysis

EDHT has purchased the T-Scan Occlusal Analysis System, enabling our dentists to better analyse and adjust your bite (occlusion) and prevent problems. You simply bite down on a thin sensor and the software displays the timing of contacts and levels of force in a dynamic movie. It will show your bite from beginning to end allowing us to immediately visualise problem areas.



The way your teeth meet when you bite, we call occlusion. Optimally, all your teeth should contact together at the same time and with equal force. When this does not happen, your occlusion is unbalanced and the following problems may result:

- Tooth wear and sensitivity
- Fractured teeth or fillings
- Damaged restorations (crowns, bridges)
- Receded gums, drifting or mobile teeth
- Pain in the teeth, muscles, and jaw joint
- Night-time clenching and grinding
- Headaches (migraines), neck or back pain



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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Independent  
PRACTICE OF THE YEAR AWARD

## 10 things...

### ...women judge men most on



If you'd like to improve any aspect of your smile please talk to us. We can discuss your options for a smile that you can be truly proud of.



## Beware of hidden sugars!

The media has been having a frenzy over our nation's obsession with sugar lately. Even if you've consciously cut back, your diet might still contain hidden sugar that you were unaware of.

Some sweet-tasting foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them – it's just labelled in a different way, for example 'dextrose', 'sucrose' or 'modified starch'.

Low fat foods are often the worst culprits, for example a seemingly healthy 150g pot of Yeo Valley 0% fat vanilla yoghurt contains 5 teaspoons\* of sugar. Whereas, surprisingly, in comparison, a bowl of Kellogg's Frosties has 4 teaspoons\*.

\*4g per teaspoon. Research conducted by Professor MacGregor

Try to stick to three meals and two snacks a day to allow the teeth time to recover from the acid attack caused when sugar in your food and drink meets the bacteria in dental plaque.

Get into the habit of reading your food labels as often soups and main dishes can be loaded with sugar.

Sugar is really quite an unnecessary part of our calorie intake as it has no nutritional value and is acknowledged to not only cause dental disease but also obesity and diabetes.

## Straight talking

Orthodontics comes from a Greek word which literally means 'to straighten teeth'.

A beautiful smile is a great asset and orthodontics is about improving the harmony between your mouth and jaws. Once you can bite together correctly you can eat more comfortably, care for your teeth more easily and of course have a more attractive smile.

Orthodontic treatment isn't just for children. With the latest techniques offering virtually invisible, discreet

appliances and quicker treatment time, more and more adults are electing to have orthodontic treatment. Orthodontic treatment can help with a variety of problems such as over-crowding and misaligned teeth.



### Top Tip

Keep dental floss next to your toothbrush for a daily visual reminder

If you would like to know more about how we can straighten your teeth or your child's, please contact us to arrange an initial consultation.