



Are you prone to decay?

At EDHT we have updated our Caries and Erosion Prevention Programme. This care is suited to patients who are experiencing new cavities, dry mouth or signs of erosion. It involves carrying out a risk assessment, diet analysis, saliva buffering testing, bacteria activity

testing, plaque disclosing, fluoride varnish and the development of a personalised prevention programme. If this is something that we believe you will benefit from, we will discuss it with you during your next appointment.

Richard's mentoring role

The Kois Center in Seattle is a centre of excellence for dental training. It offers a comprehensive curriculum involving aesthetic, occlusion, and restorative dentistry. Dentists are able to achieve extraordinary levels through expanding their knowledge and skills.

to take another exam based on a case study. His role as a mentor will make him an integral part of the Kois Center and keeps his knowledge right up to date for the benefit of our patients and to help train other dentists. We wish him the best of luck.

Richard graduated from the Kois Center in 2012 and is now training to be a Kois Center mentor. He has passed the written mentor exam and will go to Seattle in July

Our dentist Ala travelled to Seattle in March to commence her higher level training with John Kois.

BrushUpUK

BrushUpUK runs free oral health educational programmes for schools, SEN schools, care homes and palliative care units. The charity strives to improve the oral hygiene and attitude towards oral hygiene of staff, clients, patients and students.

EDHT will be supporting BrushUpUK by 'donating' a qualified oral health educator to go out to various organisations approximately one day a month. Do you know of any local organisations that would benefit from our help? If so, please get in touch.

For more information about BrushUpUK please ask us or visit www.brushupuk.com



Retirement news

Our lovely hygienist Denise is retiring after 30 dedicated years in dentistry. We will really miss her and wish her a long and happy retirement. Equally popular hygienists, Katharine and Angela, have increased their hours to continue the same excellent service.



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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Smile Imaging Software

EDHT's latest investment to help our patients is imaging software that lets people see how their appearance could be improved with various dental options. If you've ever wondered 'If only...?' then ask to take a look.



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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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Fun fact

Like your fingerprints, everyone has a unique set of teeth. Even identical twins have different 'dental fingerprints'.



Keeping you & your family safe

The health and safety of our patients and staff is of the utmost importance, which is why we have such stringent cross-infection controls in place.

We ensure that we meet the strict standards set by the health and adult social care regulators, the Care Quality Commission and the Department of Health guidelines for cross-infection control. These measures include using many single use items, thoroughly sterilising all other instruments, wearing gloves and providing patients with protective eyewear.

So, rest assured, your health and safety and that of your family is of the utmost importance to us.



The lowdown on tooth brushing

Why brush?

Brushing your teeth stops the build up of plaque on your teeth. Plaque (a film of bacteria that coats your teeth) contributes to gum disease, tooth decay and is linked to other health problems such as heart disease and diabetes.

When to brush

You should brush your teeth for two minutes twice a day, last thing at night and on at least one other occasion.

What to use

Most people find an electric toothbrush more effective and easier to clean their teeth. If you prefer to use a manual brush, we usually recommend that adults choose one that is small to medium sized with soft to medium, round-ended bristles.

Whether manual or electric the brush or brush head needs to be changed every three months or if showing signs of splaying or damage.

How to brush

Adults should use a pea-sized amount of fluoride toothpaste (children half this amount and those under three a smear).

Cover every surface of every tooth (inside, outside and chewing surface) when you brush, especially the gumline.

After brushing spit out any excess toothpaste but don't rinse your mouth with water.

Talk to us about your daily dental health regime. We will be happy to offer advice on the best tools and techniques for you.

Be mouth aware

Mouth cancer can affect anyone. Through our lifestyle choices, we can help cut the chances of developing mouth cancer. Here are the risk factors that have been shown to play a major role in contracting the disease:

- ✓ Tobacco
- ✓ Alcohol
- ✓ Poor diet
- ✓ HPV

'If in doubt, get checked out'. Three signs and symptoms not to ignore are:

- Ulcers which don't 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 immediately. For more information please visit www.mouthcancer.org



ORAL HEALTH CARE TIPS

Do's

- ✓ Brush twice a day with a fluoride toothpaste
- ✓ Clean between your teeth at least once a day (floss or inter-dental brushes are ideal)
- ✓ Try to keep naturally sweet, acidic and sugary foods and drinks to mealtimes only
- ✓ Attend your regular dental check-ups as recommended
- ✓ Rinse your mouth with water after drinking/eating foods that can stain your teeth

Don'ts

- ✓ Brush your teeth within 30 minutes of consuming acidic food or beverages
- ✓ Use a hard bristled brush or excessive force
- ✓ Smoke