

Aleksandra travels to Seattle to study with John Kois

In March our dentist Ala, brimming with enthusiasm, attended the next two stages of the Kois curriculum in Seattle. She says "I am so lucky to be able to take part in such a World-renowned course, and to have Richard as one of only 4 Kois mentors in the UK means that I can start using my advanced knowledge straight away. I am pleased to be able to help my patients in the most up to date and evidence-based way. I feel very privileged to be able to spend time understanding how I can help my patients better with like-minded professionals who care deeply about what they do, and then to come back to a team who want to make this happen for our patients every day."



Congratulations Zoe!

Our apprentice nurse Zoe has worked really hard since joining the practice in December 2014, and has completed her nursing studies and exams in only 18 months. We are proud to say Zoe is now a fully qualified dental nurse, and is looking forward to her next challenge – qualifying in Dental Radiography so she is able to take x-rays.



Advances in

CEREC CAD-CAM treatments

In February Richard travelled to Scottsdale, Phoenix USA to learn Level 3 'Restoring implants with CEREC' and Level 4 'Mastering multiple anterior and posterior restorations with CEREC'. There are only a few dentists with this technology and Richard has also been asked to be a tester for Sicat Air, a digital process to help snoring.



Replacing missing teeth

Losing a tooth does not mean that you have to cope with a permanent gap or start wearing dentures. For an increasing number of patients dental implants provide an excellent solution.

An implant is like a new tooth root forming a solid foundation to which a new crown or bridge can be fixed.

The implant is made of titanium which new bone will grow around, a process called osseointegration.

A fixed or removable provisional is provided for 4-6 months whilst the bone secures to the implant. A definitive crown or bridge can then be placed that will look and feel very much like natural teeth.

Alternatively implants can be used to firmly hold dentures in place allowing you to smile, eat and talk more confidently.

Opening Hours:

Monday	8.30am - 7.00pm
Tuesday	8.30am - 7.00pm
Wednesday	8.30am - 7.00pm
Thursday	8.30am - 7.00pm
Friday	8.30am - 5.30pm
Saturday	8.30am - 1.00pm



evesham dental health team

smile matters

Issue 26

3D scanning technology

You may have already experienced the new technology we brought into the practice at the beginning of the year. A Cone-Beam CT scanner now allows our patients to have any necessary 3D x-ray imaging without travelling to Birmingham.

The scans are mainly used for implant planning but are also very useful to visualise complex root canals, wisdom teeth and compromised airways.

We chose the new Sirona Orthophos SL made in Germany so that it could integrate seamlessly with our upgraded powderless CEREC Omnicam. We are amazed how digital dentistry is progressing.



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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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Independent
PRACTICE OF THE YEAR AWARD



Did you know?

Only your lower jaw moves when you chew – your upper jaw stays still. Try it for yourself!

Be mouth aware

Oral cancer symptoms

Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips.

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

- Ulcers which do not 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 or doctor immediately or visit www.mouthcancer.org

Gum disease & the menopause

New research has suggested that postmenopausal women who suffer from gum disease are at a significantly increased risk of developing breast cancer.

Always tell your dentist about changes to your health, as it may help them prevent gum disease from developing.

Let's get sugar smart!

Download the NHS Sugar Smart app today to help track the amount of sugar in your diet and make positive changes to get you sugar smart.



Ten top tips for a winning smile

- 01** The easiest way to boost your smile is by taking care of it on a daily basis. This means ensuring you **brush your teeth twice a day**.
- 02** **Clean between your teeth and around the gum line every day.** This helps prevent the build-up of plaque, which in turn helps to prevent gum disease – the biggest cause of adult tooth loss in the UK.
- 03** Use a toothpaste with **fluoride** as this makes the teeth more resistant to decay.
- 04** **Change your toothbrush every 6-12 weeks.** Worn bristles can cause damage to your teeth and gums, they become less effective and old toothbrushes can also breed bacteria.
- 05** **Give your toothpaste more time to work!** Rinse your toothbrush but not your mouth, simply spit out the toothpaste from your mouth instead and give it chance to work a little longer.
- 06** **Visit us regularly to avoid storing up problems.** Problems such as gum disease and tooth decay can be spotted and dealt with early. Your teeth can also be professionally cleaned and polished regularly, refreshing your smile and giving it an extra sparkle.
- 07** **Eat a well-balanced, healthy diet.** Try to cut down how frequently you consume sugary food or drinks. Many dentists now advise that sugar shouldn't be consumed any more than five times a day to maintain healthy teeth. If you need to snack, try savoury foods (but check the label first – some savoury foods still contain sugars) and avoid frequent drinks containing sugars.
- 08** **Avoid acidic drinks** – Smoothies, natural juices, cordial, concentrates and diet drinks are often very acidic and erode the enamel of your teeth, which is why your teeth feel sticky after you drink them. The answer? Drink water.
- 09** **To give your smile an extra boost, you might like to consider tooth whitening.** Your teeth can often become stained, particularly by drinking tea, coffee and red wine. They also become discoloured as you grow older.
- 10** If your teeth need a little **extra attention** – for example if you have gaps, cracked or chipped teeth, or they need straightening, please ask. We can discuss the options available, and create a treatment plan that will suit you.

Tooth whitening leave it to the professionals!



Although there are DIY whitening kits available, many dentists do not recommend them. This is because they only contain a tiny amount of the whitening product that is needed for the treatment to be truly effective. Some home kits are highly acidic and can damage the enamel and burn the gums. We also recommend that you take care to avoid abrasive whitening pastes as these can also damage the enamel.

Tooth whitening is part of the practice of dentistry and dentistry should only be carried out by dental professionals

who are registered with the General Dental Council (GDC).

If you are considering whitening your teeth please make an appointment to see us. After an assessment we will be able to tell you whether whitening is suitable for your teeth and what results you can expect. For example crowns, veneers and dentures won't whiten. If whitening treatment is right for you we will co-ordinate professional tooth whitening.

A range of different treatments are available for this and we will explain fully what's involved.

See the smile of your dreams

Here at EDHT we have invested in the latest smile imaging technology which enables us to show you how you could look with a new smile. Please ask us for more details or visit our website for more information.

