

Investing in our team

At your recent visit to EDHT, you may have noticed a few additional faces because towards the end of 2016 we invested in our ever-expanding team.



Ana

Carol

Charlotte

Hayley

Laura

We recognised that there was an increased demand for hygienist appointments so local Dental Hygienist, Charlotte Bolt, has joined us to offer appointments on Thursdays and alternate Fridays.

We have two extra very experienced Dental Health Nurses, Carol Lloyd and Hayley Barnes. Following maternity leave, we have also welcomed back Ana Tout, who gave birth to her second daughter, Victoria, last summer. She joined the team in Spring 2016 and has returned on a part-time basis.

And last but not least on Reception too – Patient Care Coordinator, Laura Francis has joined us on a part-time

basis to support the existing Reception team. Laura overcame her own fear of the dentist to undergo orthodontic treatment, she offers inspiration and encouragement to other nervous patients.

As you may know, we invest a great deal on professional development and the whole team is encouraged to enhance their skills and knowledge to ensure our patients are provided with quality, comprehensive care. Our Dental Health Nurses are carrying our more roles within the practice, such as taking impressions, photographs, x-rays and coordinating treatment.

Sleep Dentistry

We spend a third of our lives sleeping, and when we get a good night's sleep we feel great. The quality of our sleep not only has a dramatic effect on our day-to-day lives but also on our overall health and wellbeing, both medically and dentally.



Snoring and obstructive sleep apnoea (OSA) is often the reason for poor quality sleep, affecting not only the sleep of the individual but their loved ones too. Untreated sleep apnoea is linked to many potentially serious medical conditions, such as strokes and heart disease, and so here at EDHT, we have studied how to help our patients stay healthy.

Snoring is a sign that you are not breathing freely while you sleep. Other signs of sleep apnoea include excessive tiredness during the day, morning headaches and waking during the night to go to the bathroom.

So how can we help? After a diagnostic sleep assessment, for many a removable dental appliance worn in the mouth at night can greatly reduce snoring. It works by bringing the position of the lower jaw forward during sleep and this improves your ability to breathe. It stops the tongue from falling back to limit the airway space, thus reducing the likelihood of snoring and apnoea.

The use of a removable dental appliance is simple, non-invasive, reversible and cost effective and might form the basis of definitive lifelong treatment. Most patients successfully adapt to their appliance within a few weeks. Quality of sleep is improved for you and your partner and therefore as a result patients have frequently increased energy levels and a decrease in tiredness.

The success rate for treatment of simple snoring is over 90%. However, the effectiveness of dental appliances does depend on several factors: the severity of the sleep disorder, weight, skeletal factors, airway anatomy, remaining dentition and your tolerance of the appliance. Your medical history, as well as cigarette and alcohol consumption is also relevant.

If you suspect you or a loved one might benefit from talking to us about the quality of your sleep, please contact us arrange a complimentary consultation.

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 27

In this issue...

- Investing in our team
- To floss or not to floss?
- Are you ashamed of your teeth?
- The talented tongue
- Sleep Dentistry



Designer dentures

A new bespoke quality denture service is now available at the practice. Clinical dental technician, Simon Jennings, is available to provide individually designed dentures. Please ask about our 'Designer Dentures' range.

Dr Richard Colebourne BDS (Ncle) DGGP (UK) DPDS (Brist) LFHom (Dent). GDC no. 68019

Dr Sarah Moore BDS (Birm). GDC no. 79908

Dr Aleksandra Rozwadowska BDS (Cardiff). GDC no. 153110

16 Broadway Road, Evesham, Worcestershire WR11 1BG

t 01386 422833 e reception@eveshamdental.co.uk

w www.eveshamdental.co.uk

BDA Good Practice
CELEBRATING 16 YEARS
Member

Independent
PRACTICE OF THE YEAR AWARD



Did you know?

In 1994, a prisoner in West Virginia, USA, plaited dental floss to make a rope and escape!

To floss or not to floss?

You may have seen in the news lately articles questioning a lack of evidence that flossing is beneficial to your oral health. For some time the recommendation in the UK has been to use inter-dental brushes rather than floss as the evidence for their effectiveness is stronger.

However, if you're flossing, and doing it well, it will cause no harm and it is probably not advisable to give up but you might want to try inter-dental brushes as an alternative.

Dr Nigel Carter OBE, CEO of the Oral Health Foundation says:

"Brushing alone only cleans three of the five surfaces of our teeth, so cleaning between our teeth is a critical part of good oral hygiene as it helps to prevent gum disease by removing plaque from areas the toothbrush alone cannot reach."

Cleaning in between the teeth is particularly important for vulnerable patients, such as the elderly and those who are more susceptible to infections from the bacteria in their mouth.

Please ask your dentist at your next appointment as to what is best for your mouth. We will also be able to tell you how effective you are in your cleaning.



Are you ashamed of your teeth?

According to the British Dental Health Foundation nearly half of the UK population (48%) are unhappy with their smile with many of us ashamed to show our teeth in photographs.

If you are one of those people then please do talk to us. We have a strong focus on helping to keep your smile looking healthy, but we also enjoy helping our patients enhance their smile.

There are many things that we can do to help you improve your smile and patients are often pleasantly surprised at how affordable these smile enhancements can be:

- **Tooth whitening** – a very popular way to brighten up your smile
- **Tooth-coloured fillings** – restorations that look completely natural
- **Bonding** – disguise small imperfections such as chips, cracks and gaps
- **Veneers** – thin layers of ceramic to fit over the teeth to improve colour, shape and position
- **Dental implants** – strong, long-lasting, realistic replacements for missing teeth
- **Teeth straightening** – a wide range of discreet treatment options are available to straighten and realign crooked teeth

If you would like to find out more about smile enhancing treatments, please ask, we'll be happy to help.



Top tip

Keep your tongue healthy by including your tongue in your daily oral healthcare routine – either by using a brush or tongue scraper.

The talented tongue

The tongue carries out many important functions day in, day out, helping us to talk, eat, taste and even fight germs.

The tongue is made up of lots of muscles, which run in different directions. The front part is very flexible, and helps you to speak properly as well as moving food around your mouth so you can chew it. The back of the tongue also helps with eating, pushing the food backwards as we swallow.

The tongue is covered with tiny hair-like strands of tissue called papillae,

some of which are part of the taste bud mechanism. This is vital to our health, as the taste buds warn us when we are eating or drinking something which tastes bitter or just "wrong" – perhaps harmful to us.

It even helps to keep you healthy – the back section of the tongue contains the lingual tonsil, which makes cells that help filter out harmful germs.