



All on 4 treatment

The All-on-4® treatment concept is a dental implant that can provide ‘Same Day Fixed Teeth’ to replace failing teeth or loose dentures. If you are unhappy with your dentures, or vulnerable teeth have come to the end of their days, it might be the right solution for you.

With only four dental implants, the All-on-4® treatment concept can restore a complete arch with a fixed implant bridge that has 10 or 12 attractive teeth.

Due to the low number of implants needed, this All-on-4® treatment considerably reduces treatment time and makes this solution more cost-effective than comparable 6 or 8 implant bridges.

The dental implants are angled forwards which makes it a possible treatment option for patients whose jaw bone is severely reduced after years without teeth.

Depending on your individual dental situation, we can connect a provisional bridge to the implants on the day of surgery. This means you can leave the dental practice with a completely fixed bridge and return to leading a normal life. After 4-6 months healing time, we will exchange your provisional bridge with the definitive bridge created by skilled technicians.

Please speak to us to find out if the All-on-4® treatment concept is the right solution for you.

EDHT baby news

Our dentist Aleksandra and her husband Adam welcomed their gorgeous baby boy Rafal into the world in March. And our care co-ordinator Melanie and husband Chris’ adorable baby daughter Matilda Rose (or Tilly) was born on April 29th.

Both families are doing brilliantly – as the photos show. It’s been great to see Melanie and Aleksandra looking so happy and well, and for us to have chance to cuddle the new babies.



Rafal



Matilda

Bring your baby to the dentist before they get their first teeth

Children are born with perfect teeth and it’s our job as parents to make sure they keep them this way forever. We recommend parents bring in their babies even before their first teeth erupt so they can get used to the sights, sounds and smells of a dental practice; allowing us to provide good advice to parents, create the habit of regular enjoyable visits and promote good dental health.

There should be no need for any fillings in their lifetime as long as you remember to visit us for regular dental health reviews, consider preventive treatments such as fluoride varnish, fissure sealant and listen to the dental health guidance we provide.

If you would like to contact us for more information about our early years dentistry, please give our friendly team a ring. We look forward to hearing from you and looking after your family.

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



smile matters

Issue 29

Welcome to our latest newsletter

In this issue we look at tooth erosion, explain why you shouldn’t do DIY whitening, provide advice about common dental problems and give details of our All-on-4® treatment – a fixed solution to replace failing teeth and dentures. We also have lots of exciting practice news.

Congratulations to Melissa who is celebrating her 10th year here at EDHT! Melissa joined us after qualifying as a dental nurse from Birmingham Dental Hospital in 2007, and she really doesn’t look a day older.



Melissa



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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Tooth erosion

Tooth erosion is a growing problem for both adults and children, and as dentists we are becoming increasingly concerned about it. Children are particularly at risk and recent statistics show that over half of the UK's 4-18 year olds have signs of tooth erosion.

Many people confuse tooth erosion with dental decay, but the two are quite different. Tooth decay is usually very localised, affecting only part of your tooth, and is caused by bacteria. Erosion tends to affect the surface of a tooth, and is usually caused directly by the acids from your food and drink or stomach acting on your teeth. Every time acid meets your teeth, the hard outer coating, called enamel, becomes softer and is more susceptible to being worn away.

Usually your saliva will neutralise the acidity and help the teeth to recover, but if you eat or drink acidic things too often, it does not have the chance to do its job.

Anyone who drinks fizzy drinks, squashes or fruit juices – including sports drinks and flavoured fizzy waters - regularly throughout the day is at risk of suffering

tooth erosion. Some medical conditions and eating disorders can also cause tooth erosion, via stomach acids.

There are some simple steps you can take to reduce tooth erosion.

- Water is the only drink which cannot harm your teeth, so drink it whenever you are thirsty
- Try not to snack between meals, especially on high-acid foods such as sour fruits (oranges, lemons, plums, etc), pickles, vinegar, yoghurt and herbal teas
- Don't brush your teeth immediately after eating or drinking anything acidic as it can cause damage to the softened enamel
- Chew sugar-free gum for a while instead to help produce more neutralising saliva

If you have any questions about dental erosion, please ask the next time you visit – we'll be delighted to help.

Got a dental problem? – We can help

Please don't suffer in silence or feel embarrassed about any of your dental concerns, we are here to help you. Here is a brief round-up of some of the more common dental problems:

- **Tooth grinding** – also known as bruxism, is very common. It can cause sore facial muscles, headaches and ear-aches, and sometimes neck pain. It can also cause teeth to become ground down and more sensitive. Try to reduce your stress levels, but if this doesn't work, make an appointment to see us. We can create a custom-made appliance for you to wear while you sleep to protect the teeth.
- **Bad breath** – in most cases is a result of bacteria in your mouth. It is important to follow a good oral healthcare routine – we can advise you on this. Bad breath or halitosis, may be a result of eating strongly flavoured foods such as garlic or in some cases, bad breath can be caused by a medical condition, such as sinusitis, diabetes, or problems with the digestive system. Whatever the cause, please don't be embarrassed to speak to us; we can help.
- **Tooth sensitivity** – can range from mild irritation to a shooting pain that can last for hours, usually after hot/cold stimulus. However, prolonged sensitivity can be caused by decay, so don't suffer in silence – book a consultation so we can find the best way to relieve your discomfort and get you smiling again.
- **Bleeding gums** – this is often one of the first signs of gum disease which is caused by a build-up of bacteria in your mouth known as plaque. If left untreated and without effective removal of the plaque, the gums and surrounding bone might recede, eventually resulting in loose teeth that may fall out or have to be extracted. When you visit us, we will advise you on the best way to care for your teeth and gums including recommending regular hygiene appointments.
- **Imperfections** – if you're unhappy with any aspect of your smile then talk to us about the best options for you, your lifestyle and your budget. These can include tooth-coloured fillings and restorations, tooth whitening, bonding (where a tooth-coloured filling material is bonded to your teeth), veneers (very thin porcelain layers fixed to your teeth), orthodontics (tooth straightening) and dental implants (replacement of missing teeth).



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Did you know?

Dental enamel is the hardest substance in the body.



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DIY whitening using charcoal and/or lemons

You may be misled to believe that using natural products such as charcoal and/or lemons is a 'healthy' alternative to professional tooth whitening treatments. However both charcoal and lemons can seriously damage your teeth. As Dr Nigel Carter, chief executive of the British Dental Health Foundation, commented: *"Lemons are extremely acidic and can cause the tooth enamel to be worn away causing pain and sensitivity."*

Equally, the abrasiveness of charcoal can lead to enamel deterioration. So, we urge you to please speak to us if you wish to whiten your teeth. After an assessment we will be able to tell you whether whitening is a suitable option and what results you can expect from professionally administered whitening treatments.