



## Wellness

**We are passionate about maintaining your oral health and believe that a healthy mouth supports a healthy body.**

There are many links between gum disease and general health such as diabetes, Alzheimer's disease, pancreatic cancer and rheumatoid arthritis. The most commonly recognised link is that between periodontal disease and heart disease and with 160,000 people in the UK dying of a heart attack each year we would like to reduce your risk. Many of the links between our oral health and systemic health are due to inflammation and the bacteria present in dental disease.

Richard and Katharine went to Seattle in November 2016 to undertake further study on the links between our mouth and body. Since then Katharine has developed a wellness programme designed to look at your dental and general health, providing you with a personalised risk assessment. Many people only attend a doctor regularly if they have a health concern, whereas we take a preventive approach and want to assess risks and reduce them to limit the clinical effect. Our team works with you to promote a healthy mouth and also want to see you enjoying good general health.

## Acupuncture

We appreciate that many people feel anxious attending dental visits possibly due to past experiences or a gag reflex. When having dental treatment you may have sedation to make visits easier. We can now offer dental acupuncture to help with anxiety or a gag reflex and have found this to be of benefit with hygienist visits. Acupuncture has evolved from traditional Chinese medicine over thousands of years and is now widely used for health benefits. Acupuncture involves the use of 6-12 fine needles which stimulate nerves and fibres in muscle, this sends a message to the brain and the body produces endorphins and hormones. The result is an increased pain threshold often accompanied by the patient feeling relaxed or even a little sleepy. Dental acupuncture is a safe treatment available to most people with minimal side effects and a quick recovery. An assessment is performed before treatment and requires only a short addition to your appointment. Katharine has undertaken training to perform dental acupuncture using western medical principles with The British Dental Acupuncture Society.



### Fund Raising for Charity

On Sunday 22nd April receptionist Laura ran the London Marathon in memory of Pete her father-in-law. Pete sadly passed away in 2012 as a result of pancreatic cancer. Laura has organised lots of fund raising events, and along with her marathon sponsorship is raising a phenomenal amount of money for the charity Pancreatic Cancer Action.



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.

#### 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

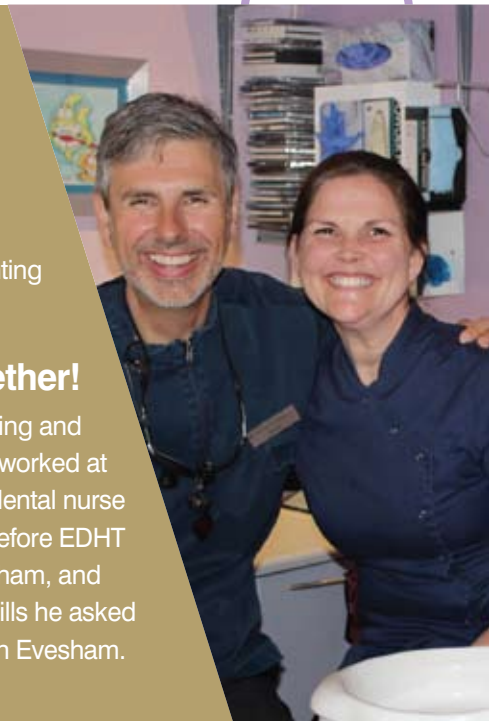
Issue 30

### Welcome to the latest issue of our patient newsletter.

In this issue we update you on the latest happenings at the practice, discuss total body wellness, acupuncture, dental implants and preventing dental decay in children – we hope you enjoy it!

### Celebrating 20 years working together!

The success of our practice owes much to our caring and dedicated team. Most of our team members have worked at EDHT for many years. This summer Richard and dental nurse Sharon celebrate working together for 20 years! Before EDHT was ever opened they worked together in Cheltenham, and Richard was so impressed by Sharon's nursing skills he asked her to join him when he opened his own practice in Evesham.



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# Dental Implants

Implants are amazingly natural looking replacements that feel as strong and comfortable as your own teeth. They not only restore normal appearance but make eating and speaking much easier than with dentures.

With so many benefits, more and more people are choosing implants over dentures and bridges and are delighted with the results.



Dental implants replace the tooth's own root, allowing a replacement tooth to be anchored permanently into the jaw – just like natural teeth. Once in position, an implant can secure a single replacement tooth, a bridge or a denture with several replacement teeth. And the real benefit is that they are virtually indistinguishable from your own teeth. Which means you can enjoy an attractive and natural looking smile once more.

If you would like to know more and find out if implants would be suitable for you, please call to arrange an initial consultation.

## BE MOUTH AWARE

“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. For more information please visit [www.mouthcancer.org](http://www.mouthcancer.org)

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

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

# Preventing tooth decay in children

Every child who has teeth is at risk of tooth decay, but the risk increases for those living in the more deprived areas where the imbalance in income, education, employment and neighbourhood circumstances affect the life chances of children's development.

- Tooth decay is a preventable disease
- 170 multiple extractions are performed each day
- The number of multiple extractions performed in hospital under general anaesthetic has risen by almost 20% since 2012
- 42,911 children in 2016/17 went to hospital for tooth extractions under general aesthetic
- These operations cost the NHS £165 million

The evidence tells us that to maximise prevention of tooth decay, children aged 0 to 6 years should brush their teeth at least twice a day with family fluoride toothpaste (containing 1350 to 1500 parts per million (ppm) fluoride). Children under 3 years old should use a smear and 3 to 6 year olds a pea sized amount. They should spit not rinse after brushing and tooth brushing should be supervised by an adult.

(source: British Dental Association, 2018)



## Beware

A single 330ml can of a soft drink with added sugar (which can contain as much as 35g of sugar), may instantly take a child over their maximum recommended daily intake of sugar.





## Public Health England recommends that for babies:

- Breast milk is the only food or drink babies need for around the first 6 months of their life. First formula milk is the only suitable alternative to breast milk
- Bottle-fed babies should be introduced to drinking from a free-flow cup from the age of 6 months and bottle feeding should be discouraged from 12 months old
- Only breast or formula milk or cooled, boiled water should be given in bottles
- Only milk or water should be drunk between meals and adding sugar to foods or drinks should be avoided

## For all children:

- Reduce the quantity and frequency of foods and drinks that contain sugar, only give sweet foods and dried fruit at mealtimes
- Squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks ideally have no place in a child's daily diet
- Limit the amount of fruit juice and smoothies your child drinks to a maximum of 150 ml (1 portion) in total per day and drink it with meals to reduce the risk of tooth decay
- Always ask for sugar-free medicines

## Top 3 interventions for preventing tooth decay

<p><b>1 Reduce the consumption of foods and drinks that contain sugar</b></p> 	<p><b>2 Brush teeth twice daily</b> with flouride toothpaste (1350-1500ppm), last thing at night and on at least one other occasion. After brushing, spit don't rinse</p>	<p><b>3 Take your child to the dentist when the first teeth erupts</b>, at about 6 months and then on a regular basis</p> 
<p><b>Under 3s</b> should use a smear of toothpaste</p> 	<p><b>3 to 6 year olds</b> should use a pea sized amount</p> 	
<p><b>Parents / carers should brush or supervise tooth brushing until their child is at least 7</b></p>		

Please do ask us if you have any concerns or questions regarding your or your children's oral health, we are here to help.