

Guided Biofilm Therapy (GBT)

GBT reduces the need for hand and sonic/ultra-sonic instrumentation. It is safe, effective and gentle to teeth and soft tissues, implants and restoratives. With heated water GBT is very comfortable.

GBT is part of a comprehensive preventive concept – to preserve your oral health and make you feel good.

GBT is ideal for hygiene care in children and teenagers especially whilst wearing fixed braces.

Erythritol - The big plus in prophylaxis today

Cleaning powders are not all the same!

The AIRFLOW® PLUS powder is the first high-tech powder that removes Biofilm and young calculus in a minimally-invasive way from all types of surfaces: enamel, dentine, soft tissue, restorations, orthodontic appliances or implant surfaces. The Erythritol based molecule is uniquely indicated for both supra-gingival and sub-gingival use.

With a granule size of only 14µm, the AIR-FLOW® PLUS powder represents the most finely grained particle in the world of dentistry. With its sweet taste and gentle spray the PLUS powder is also perfect for children, orthodontic and maintenance patients.

What is Erythritol?

Erythritol is a sugar alcohol that was discovered in 1848 by Scottish chemist John Stenhouse. It occurs naturally in some fruit and fermented foods. Erythritol is 60–70% as sweet as sucrose (table sugar) yet it is almost noncaloric, does not affect blood sugar and does not cause tooth decay. Erythritol is tooth-friendly; it cannot be metabolized by oral bacteria, so does not contribute to tooth decay and positively promotes a safer oral environment.



Expanding our use of Airflow technology

The team at EDHT have been using Airflow technology for three years as a treatment for problematic implants and wisdom teeth in the form of Perioflow. We are now expanding our use of this technology to offer the benefits to everyone. Our hygienists and dental therapists regularly attend Perioflow and Airflow training courses to provide the most up to date, effective treatments for our patients.



Richard's latest training

In October Richard travelled to Budapest to attend the 3-day Advanced Bone and Soft Tissue Regeneration in Implant Dentistry Course by Professor István Urban DMD, MD, PhD.

Prof Urban's motto is 'the devil hides in the detail' and this was very evident during the theoretical, hands-on and live surgery demonstrating this world renowned clinician's minimally invasive techniques.



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



smile matters

Issue 31

EDHT has invested £24,000 in four EMS Airflow One devices, offering our patients the very best preventive care.

"Periodontal Health – for a better life!"

SUPERIOR CLEANING: Guided Biofilm Therapy (GBT) IS THE NEW STATE-OF-THE-ART APPROACH for dental hygiene given in the least invasive way, with the highest level of comfort, safety and efficiency.

Dental biofilm is the main cause for caries, periodontal and peri-implant infections. Periodontitis increases the risk of systemic diseases, such as cardiovascular and respiratory disease, arthritis or diabetes.

Regular oral hygiene, combined with professional cleanings keeps biofilm under control for better oral and systemic health.

Please see inside for more about Guided Biofilm Therapy and Airflow.



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BDA Good Practice
CELEBRATING 16 YEARS
Member

Independent
PRACTICE OF THE YEAR AWARD

Mouth cancer

If in doubt, get checked out

The British Dental Health Foundation estimates that over the next decade around 60,000 people in the UK will be diagnosed with mouth cancer. Without early detection an estimated 30,000 people will die.

Mouth cancer can affect anyone, but people who smoke, drink excess alcohol, have a poor diet or use chewing and smokeless tobacco are particularly at risk. More recently, one of the most common sexually transmitted infections – the Human Papilloma Virus or HPV for short – has also been linked to mouth cancer.

Early detection is vital as it significantly increases your chances of survival, but many of the initial symptoms are hard to detect. It is very important to visit us regularly. We always include a mouth cancer screening as part of your check-up, and if we spot anything unusual we can advise you to seek further investigation.

If you are worried about anything unusual that you see in your mouth; an ulcer that does not heal within three weeks, any unusual red or white patches in the mouth or any swellings in the head and neck area please make an appointment with us so we can check it out for you.

For more information on mouth cancer visit www.mouthcancer.org

Ruling to give UK boys HPV vaccine will save many lives



HPV (Human Papilloma Virus) is one of the leading causes of mouth cancer. Since 2008, girls have been offered a HPV vaccination to protect against cervical cancer.

Now, a decision to also offer a vaccination to boys via a school based programme will offer protection for men from life-threatening diseases caused by HPV including mouth, penile and anal cancers as well as genital warts.

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BRITS EITHER LIKE OR LOVE THEIR SMILE, ACCORDING TO THE RESULTS OF A NEW NATIONWIDE SURVEY.*

**1 Oral Health Foundation (2018) 'National Smile Month 2018 United Kingdom Survey', Atomik Research, Survey, April 2018, Sample 2,005*

Ten reasons to smile

- 1 Smiling boosts your immune system**
Smiling and laughing decreases stress hormones, relaxes the body and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- 2 Smiling lowers blood pressure**
Smiling and being happy can improve the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- 3 It reduces stress**
When we smile it triggers the release of endorphins that lift your mood and counteract the stress hormones.
- 4 Smiles provide a natural 'high'**
If you're feeling down, even putting a 'fake' smile on your face helps lift your mood and gets those happy endorphins released!
- 5 It's a natural pain killer**
Those clever endorphins that are released when you smile can also act as a natural pain killer.
- 6 Smiling encourages trust**
Studies show that we are more trustful of others when they smile and smile genuinely. Trust is an important part of social health when dealing with people and is a solid foundation for all relationships.
- 7 Smile your way to success**
A smile can appear confident, self-assured and on top of your work. Research shows smiley people are more readily approached with business ideas and advancements.
- 8 You'll look younger**
Smiling naturally lifts the face and helps make people look younger and more attractive.
- 9 It's contagious**
If you smile its likely to make someone else smile, creating a chain reaction and spreading the health benefits throughout those around you.
- 10 You'll live longer**
There is evidence that those who smile often live an average of 7 years longer than those who rarely conjure a regular smile.



If you're not completely happy with your smile, please speak to us. We'll be happy to suggest ways in which it could be enhanced, and in most cases those enhancements can be surprisingly affordable.

Medication matters



To ensure that we treat you safely, and avoid any potential problems that could occur, we need to know about any medical conditions and medications you are taking.

Please inform us of the medications you take. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

Having this information helps us to avoid potential problems; it also helps us to understand any signs and symptoms seen in your mouth, and to help you with any side-effects that your medication might cause.

On occasions, we may spot symptoms of illnesses that you were unaware of, and can advise you to see your doctor.

PLEASE LET US KNOW WHENEVER YOUR HEALTH OR YOUR MEDICATION CHANGES. YOU CAN EITHER TALK TO US WHEN YOU NEXT VISIT, OR GIVE US A CALL SO WE CAN CHANGE YOUR RECORDS.