

Helen Parkin RDH Dental Hygienist (Birmingham)

As explained on the front page, hygienist Charlotte is currently on maternity leave and Helen is covering for Charlotte on Thursdays.

Helen qualified as a Dental Hygienist at Birmingham Dental School in 1988, and since then has worked continuously in Hospital and General Practice.

Helen takes a particular interest in treating patients with advanced periodontal disease, and those patients with dental Implants. During her career, Helen has gained a wealth of experience with additional training in Non Surgical Periodontal Therapy and Implant Maintenance. She continues to expand her professional skills by attending courses in the UK, Europe and USA.

She is a member of the British Society of Dental Hygienist and Therapists and the British Society of Periodontology.

Helen lives in the Cotswolds with her husband Anthony, son Joseph, daughter Caroline and their cocker spaniel Bonnie and cat Cleo.



The Moon Walk

The EDHT team were pleased to sponsor Dental Nurse Hollie and her mum who took part in The MoonWalk London 2019. They began the 26.2 mile charity walk at midnight and walked right through the night to cross the finish line at 6.30am. We would like to congratulate them on completing the course and raising over £600 for Cancer Research.



Go Karting Fun

The team had a great time at a karting endurance relay event. The competition was fierce with the ladies determined to 'beat the boss'!

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 32

Good luck Charlotte

Our hygienist Charlotte Bolt has recently started her maternity leave. We wish her the best of luck during this exciting time and we look forward to welcoming her back to the practice in January 2020.

In the meantime, hygienist Helen Parkin is covering for Charlotte on Thursdays and Angela and Katharine are covering Charlotte's other sessions. Please see inside for more information about Helen.



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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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Stressing out your teeth

Teeth grinding and jaw clenching are on the increase because of the stress and worry we all face from daily life.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break.

They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable, and certainly much cheaper than having repair or having to replace damaged teeth.



Nearly HALF of breakfast cereals still contain too much sugar with supermarkets' own-brand products the WORST offenders with 40% sugar!



Action on Sugar carried out the research on cereals being sold in the UK alongside Action on Salt, finding many products also contain worrying levels of salt.

NHS guidelines recommend children consume no more than 19g of sugar each day between four and six years old, rising to 24g for under-10s and 30g for over-11s. Eating too much sugar can increase children's risk of becoming obese, developing type 2 diabetes later in life, and suffering from tooth decay.

More than 100 children a day are having rotten teeth removed in hospital, when nine in ten cases could have been prevented, new NHS figures show.

Tooth decay can be largely prevented by reducing sugar consumption – **it is the frequency not quantity that is the issue.**

Cut down on both the amount and how often you have sugary foods and drinks.

Try to have no more than three meals and two snacks a day to allow the teeth time to recover from the acid attack caused when sugar in your food and drinks meets the bacteria in dental plaque. Also use fluoride toothpastes and ensure you stick to your routine dental visits.

If you have any concerns about your children's oral health then please get in touch.



Be Mouth Aware

"If in doubt, get checked out". Three signs and symptoms of mouth cancer 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



Straight Talking

Orthodontics comes from a Greek word which literally means 'to straighten teeth'.

A beautiful smile is a great asset and orthodontics is about improving the harmony between your mouth and jaws. Once you can bite together correctly you can eat more comfortably, care for your teeth more easily and of course have a more attractive smile.

Orthodontic treatment can help with a variety of problems such as over-crowding and mis-aligned teeth and it isn't just for children. With the latest techniques offering virtually invisible or discreet appliances and quicker treatment time, more and more adults are electing to have orthodontic treatment.

If you would like to know more about how we can straighten your teeth or your children's, please contact us to arrange an initial consultation.

FUN FACT

An elephant's back teeth (molars) weigh between eight and ten pounds each, and measure about 30cm (one foot) across – equivalent to more than 500 human teeth!

DID YOU KNOW?

If you are right-handed you tend to chew on the right-hand side of your mouth. If you are left-handed you tend to chew on the left-hand side of your mouth.