

# The Rickmansworth Dental Centre

## Newsletter

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Welcome to the first Rickmansworth Dental Centre Newsletter. We are aiming to produce this quarterly, giving you the latest news from the practice and discussing topics from the world of dentistry. If you have any comments on our newsletter or anything you would like to see in it, please let us know.

### Practice News



It is rapidly approaching the first anniversary since Dr. Deitsch took over the practice. This first year has been a great success and Adam and the rest of the team would like to take this opportunity to thank all of their patients for this success.

We have been investing in new equipment to improve the service that we provide.

- We are now fully computerised, making bookings and treatment planning more efficient.
- The x-ray machine has been upgraded to improve the quality of our radiographs.
- We have introduced a new system for filling teeth during root canal treatments, which is proving very efficient and giving excellent results. When you next visit the practice, we hope you like the new carpets that have been fitted. There is also music in the waiting room now. If you don't like our taste in music, please let us know!

### Congratulations



Our nurse, Faye, is getting married in July, to her fiancé Andrew. I am sure you will join Adam and the rest of the staff in wishing them all the best for their big day and every success for the future.

### Pam's Foot



A few months ago you may have seen Pam, our receptionist, hobbling around following a foot operation. Fortunately she has made a full recovery and is running up and down the stairs with renewed vigour!

*Wishing you a great summer.*



*From,  
Adam Deitsch  
and The Team*

### Focus On Toothbrushing



Plaque is a thin, sticky film of bacteria that constantly forms on your teeth. The plaque reacts with food, turning sugar into acid, which then dissolves the enamel on your teeth.

Daily brushing and cleaning between your teeth is important because it removes plaque. If the plaque isn't removed, it continues to build up, feeding on the food debris left behind and causing tooth decay and gingivitis (gum disease).

Adam will be able to recommend a toothbrush to you. However, adults should choose a small to medium size brush with soft to medium multi-tufted, round-ended nylon bristles or 'filaments'. The head should be small enough to get into all parts of the mouth, especially the back of the mouth where cleaning can be difficult. Children need to use smaller brushes but with the same type of filaments. Brushing removes plaque and food particles from the inner, outer and biting surfaces of your teeth.

#### Here is one method of removing plaque:

- 1 Place the head of your toothbrush against your teeth, then tilt the bristle tips to a 45 degree angle against the gumline. Move the brush in small circular movements, several times, on all the surfaces of every tooth.
- 2 Brush the outer surfaces of each tooth, upper and lower, keeping the bristles angled against the gumline.
- 3 Use the same method on the inside surfaces of all your teeth.
- 4 Brush the chewing surfaces of the teeth.
- 5 To clean the inside surfaces of the front teeth, tilt the brush vertically and make several small circular strokes with the toe (the front part) of the brush.
- 6 Brushing your tongue will help freshen your breath and will clean your mouth by removing bacteria. Be sure to brush thoroughly with a fluoride toothpaste at least twice a

day

You can now get more specialised toothbrushes. For instance, people with sensitive teeth can now use softer bristled brushes. There are also smaller headed toothbrushes for people with crooked or irregular teeth.

Some people find it difficult to hold a toothbrush, for example because they have Parkinson's disease or a physical disability. There are now toothbrushes which have large handles and angled heads to make them easier to use.

An electric brush often has a rotating or vibrating head, which provides a large amount of cleaning action with very little movement needed from the user.

Tests have proved that certain electric toothbrushes are significantly better at removing plaque and stain and reducing gingivitis than a manual toothbrush, yet clinically proven as gentle and as safe to use as a manual toothbrush. They are also useful for people with limited movement, such as disabled or elderly people, who often find that using a normal toothbrush does not allow them to clean thoroughly. Electric toothbrushes can also be better for children as they may be more inclined to brush regularly because of the novelty of using an electric toothbrush.

At The Dental Centre we stock a wide range of manual and electric toothbrushes for adults and children, carefully chosen for their clinical effectiveness and good design. We can also guarantee that our prices are significantly lower than other High Street shops.

If you require any help or advice, or would like any further information on our toothbrushes or even a demonstration of toothbrushing, please don't hesitate to ask Adam or any of the other members of the team.