

The Rickmansworth Dental Centre

Newsletter

10th Anniversary
Issue

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Issue 37, Summer 2010

Welcome to the 37th Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on previous issues. If you have any comments on our newsletter or anything you would like to see in it, please let us know.

Practice News



Welcome to our Summer 2010 Newsletter. We hope you are having a good one and have recovered from the excitement of the world cup. Continuing the footballing theme; following last season's successful sponsorship, The Rickmansworth Dental Centre are proud to announce this season's sponsorship of the Under 12's Medburn Squad in the Excel Sunday League, with their star (?) player, Benjamin Deitsch, Adam's son. Watch this space for updates on the team's progress.

Last newsletter we mentioned that our nurse, Ewelina, was taking her examinations. She did well and has only one more exam to take in November. We wish her luck and are keeping our fingers crossed

Remember, if there is anything you would like to see at the practice or if there is any way we can make your visit more pleasant, please let us know and we will try to oblige.

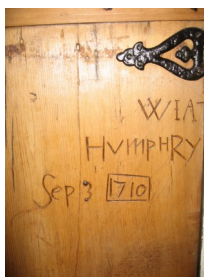
Happy Birthday To Us



We are celebrating our 10th birthday this Summer at The Dental Centre. Entering our 2nd decade, we are still continually updating and improving all areas of the practice to provide you with the best treatment possible. Hopefully we can continue to do this for many more years to come.

Another Birthday

According to the graffiti on the door in the main surgery, it's about to have it's 300th birthday! Next time your in the surgery, please have a look at our historic door.



Burger Warning!



Taiwanese dentists have urged fast food chains to drop over-sized burgers from their menus following a growing number of jaw injury cases. Patients have developed sore jaws or had difficulties opening their mouths after consuming giant burgers, said Professor Hsu Ming-lun of the School of Dentistry. Problems can arise when fast-food fans tuck into hamburgers larger than three inches high, Mr Hsu said.

Mouthguards



With the new school year about to start, many schools now insist that their pupils use mouthguards for certain sports. At The Dental Centre we provide a range of custom made mouthguards, available in a variety of colours and thickness depending on the sport being played. Although home kits are available to make mouthguards, their use is not recommended as they do not fit as well as the custom made guards and can actually cause more harm than good. Please ask Adam or Pam for further details.

Water Shortage



Many apologies for the lack of water in our water cooler, but our supplier has gone into administration and literally left us high and dry. We hope to have alternative arrangements in place as soon as possible. If you suffer from a dry mouth please see our focus section below.

Dental Hygienist



We have two hygienists at the practice, helping patients keep their teeth and gums healthy. Kate is here all day Monday and Thursday. Donna is here one Saturday morning a month. If you wish to book a session with the hygienist at the same time you have your routine visit with Adam, just let Pam know. There is information about hygienists and what they do on the back of this newsletter.

Focus On Dry Mouth



What is dry mouth?

Dry mouth is the condition of not having enough saliva, or spit, to keep your mouth wet. The technical term for dry mouth is xerostomia.

What are the symptoms of dry mouth?

Symptoms include: A sticky, dry feeling in the mouth
Trouble chewing, swallowing, tasting, or speaking
A burning feeling in the mouth
A dry feeling in the throat
Cracked lips
A dry, rough tongue
Mouth sores
Fungal or bacterial infections of the mouth

Why is saliva so important?

Saliva does more than keep the mouth wet. It helps digest food
It protects teeth from decay

It prevents infection by controlling bacteria and fungi in the mouth

It makes it possible for you to chew and swallow

Without enough saliva you can develop tooth decay or other infections in the mouth. You also might not get the nutrients you need if you cannot chew and swallow certain foods.

What causes dry mouth?

If the glands in the mouth that make saliva are working properly, the sensation of a dry mouth is a common complaint and is often related to anxiety, stress or depression. Dry mouth on waking in the morning may be due to mouth breathing. Dehydration due to diarrhoea and vomiting or after surgery can cause a dry mouth. People with certain disorders, like

Alzheimer's disease or those who have suffered a stroke, may not feel wetness in their mouth and may think their mouth is dry even though it is not. If the glands in the mouth that make saliva are not working properly, there might not be enough saliva to keep your mouth wet. There are several reasons why these glands (called salivary glands) might not work correctly:

Side effects of some medicines. More than 400 medicines can cause the salivary glands to make less saliva. Medicines for high blood pressure and depression often cause dry mouth. A list of the most common drugs that can cause a dry mouth can be found on the practice website (www.deitsch.plus.com/dry.html).

Disease. Some diseases affect the salivary glands. Sjögren's Syndrome, HIV/AIDS, diabetes and Parkinson's disease can all cause dry mouth.

Radiation therapy. The salivary glands can be damaged if they are exposed to radiation during cancer treatment.

Chemotherapy. Drugs used to treat cancer can make saliva thicker, causing the mouth to feel dry.

Nerve damage. Injury to the head or neck can damage the nerves that tell salivary glands to make saliva.

What can be done about dry mouth?

Dry mouth treatment will depend on what is causing the problem. If you think you have dry mouth, see the dentist or your doctor. They can try to determine what is causing your dry mouth.

If your dry mouth is caused by your medication, your doctor might change your medicine or adjust the dosage.

If your salivary glands are not working right but can still produce some saliva, there might be medication available that helps the glands work better.

You may be able to use artificial saliva to keep your mouth wet.

What can I do?

Sip water or sugarless drinks often.

Avoid drinks with caffeine, such as coffee, tea, and some sodas. Caffeine can dry out the mouth.

Sip water or a sugarless drink during meals. This will make chewing and swallowing easier. It may also improve the taste of food. Be aware that spicy or salty foods may cause pain in a dry mouth.

Chew sugarless gum or suck on sugarless boiled sweets to stimulate saliva flow; citrus, cinnamon or mint-flavoured sweets are good choices.

Consider reducing or cutting out caffeine and alcohol which have a diuretic effect. (They can make you pass more urine which can be dehydrating.) Caffeine occurs in tea, coffee, cola and other drinks. It is also part of some medicines. Use of tobacco products does not help a dry mouth.

You can apply petroleum jelly to your lips to prevent drying and cracking.

Use a humidifier at night.

Tips for keeping your teeth healthy

Remember, if you have dry mouth, you need to be extra careful to keep your teeth healthy. Make sure you:

Gently brush your teeth at least twice a day.

Floss your teeth or use an interdental brush every day.

Use toothpaste with fluoride in it, as fluoride helps strengthen the teeth and prevent decay. Fluoride mouthwashes also help keep your teeth healthy.

Avoid sticky, sugary foods.

Have regular check-ups as recommended by the dentist.

If you have any queries or require further information, please do not hesitate to contact us.

Visiting the Dental Hygienist

At The Dental Centre we have two dental hygienists. Kate is here on Mondays and Thursdays. Donna works here one Saturday morning a month.

Listed below are a few of the most frequently asked questions about hygienists and what a visit to the hygienist involves.

What is a hygienist?

Dental hygienists are specially trained to work with the dentist in providing care tailored to the patients' needs.

They play an important role in dental health care and are mainly concerned with gum health, education in correct home care and the application of preventive materials to the teeth and gums.

The hygienist provides professional cleaning of the teeth for the patient. Most importantly they educate the patient in the best way to keep the teeth free of plaque.

Why is this treatment important?

Regular professional cleaning combined with your home care will help maintain a healthy mouth. A clean and healthy mouth will improve your appearance, help you keep your teeth and give you fresh breath.

Can a hygienist help prevent dental disease?

The training of the hygienist is centred on preventing dental disease. Carefully removing the deposits that build up on the teeth and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. Anti-bacterial gels and solutions can be applied under the gum to kill the bacteria causing gum disease. By discussing your diet and recommending other preventive measures your decay rate can also be reduced.

Children can benefit from having their teeth polished. The hygienist can also apply fluoride gels and solutions to help prevent decay. The permanent back teeth can also benefit from having the fissures sealed.

Why doesn't the dentist do this work?

Dr. Deitsch can carry out this type of work. However, the hygienist has also been specially trained to carry out scaling and polishing and can spend longer with you. They are also expert at teaching you how to look after your teeth and gums. Often the hygienist will spend a number of appointments getting the gums healthy ready for the dentist to do the more complex treatment.

Will the treatment hurt?

Scaling and polishing is usually pain-free. However, if you do experience some discomfort the hygienist can eliminate this with the use of topical anaesthetic creams or by giving you some local anaesthetic. It is important that you let the hygienist know at the time so that some pain control can be given.

What can I do to help the Hygienist?

You can do a great deal to help yourself and the hygienist as you are in control of your mouth between visits to the practice.

The hygienist will have shown you how to remove plaque with a toothbrush and fluoride toothpaste. You will also have been shown how to clean between your teeth with floss, tape or little brushes. There are many products now available and the hygienist will recommend those that are appropriate for you.

Do I need to see the hygienist?

Following your routine examination Dr. Deitsch will advise you if you require a visit to the hygienist. If you feel you wish to see the hygienist anyway, please contact the surgery and this can be arranged for you.

If you have any queries or require further information, please do not hesitate to contact us.

*Hope you have a fantastic Summer.
With Best Wishes from Adam Deitsch and all the staff at The
Dental Centre. Don't forget you can find us online at
www.thedentalcentre.org*

