

The Rickmansworth Dental Centre

Newsletter

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Welcome to the fifth Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on the 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



It was cold, it was raining, it must have been summer! Another busy few months have passed at The Dental Centre. Pam's new reception desk has finally been installed. We hope you like it as much as Pam does. We have reopened and upgraded The Dental Centre's second surgery for the use of Donna, our new hygienist. She has been with us since May and is proving very popular. There is more information about Donna below and overleaf. There was another new arrival in May; see below to find out more.

Happy Birthday



We have just celebrated our 2nd birthday at The Dental Centre. These two years have 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

New Arrival



Abigail Jane Deitsch was born on 16th May. She is Adam and his wife, Natasha's third child. Despite a few complications and a bit of a traumatic start, mother and baby are both doing well. Apologies if we had to rearrange your appointment at short notice.

Dental Hygienist



In May, Donna, our new dental hygienist started at the practice. Hygienists are specially trained to carry out scaling and polishing of the teeth. They are also expert at teaching you how to look after your teeth and gums. If you would like to see the hygienist or would like further information, please contact The Dental Centre. There is also information about the hygienist and what she does on the back of this newsletter.

Mouthguards



With the new school year starting, 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.

Focus On Diet for Teeth



Q. What is the main cause of tooth decay?

A. Tooth decay happens when sugar reacts with the bacteria in plaque - the sticky coating on your teeth. This forms acids that attack the teeth and destroy the enamel. After this happens many times, the tooth enamel may break down forming a hole or 'cavity'.

Q. What about snacks?

A. Every time you eat or drink anything sugary, your teeth are under attack for up to one hour. So it is important to keep any sugary foods only to mealtimes and limit the amount of time your mouth is under attack. If you do need to snack between meals, choose foods that do not contain sugar. Savoury snacks such as cheese, raw vegetables or fruit and breadsticks are better.

Q. What should I drink?

A. Plain, still water or milk are good choices. Soft drinks can increase the risk of dental problems: either the sugar can cause decay or the acid in both normal and diet drinks can dissolve the enamel on the teeth. The risk is higher when you have these drinks between meals.

Sugar-free squashes, if they are completely sugar free, are the safest alternative to water and milk. If you

make squash or cordial, be sure that the drink is diluted 1 part cordial to 10 parts water. Some soft drinks contain sweeteners, which are not suitable for young children – ask your dentist or health visitor if you are not sure.

Q. Should I brush my teeth after every meal?

A. It is important that you brush twice a day. The best times are before breakfast and last thing at night before you go to bed. Eating and drinking naturally weakens the enamel on your teeth, and brushing straight afterwards can cause tiny particles of enamel to be brushed away. It is best not to brush your teeth until at least 30 minutes after eating.

It is especially important to brush before bed. This is because saliva flow, which is the mouth's own cleaning system, slows down during the night. This leaves the mouth more at risk from decay. Always use a fluoride toothpaste

Q. Should I stick to fruit and fruit juices?

A. Fruit contains acids, but this is only damaging to your teeth if you eat an unusually large amount. Take fruit juices at meal times; or if you are taking them between meals, try diluting them with water. Or, if you do eat fruit as a snack, try to eat something alkaline such as cheese afterwards. 'Alkalines' cancel out the acid effects of fruit.

Q. Do other foods have sugar in them?

A. Many processed foods have sugar in them. Always read the list of ingredients on the labels when you are food shopping. Sugar can come in many forms, for example: sucrose, fructose and glucose are just three types. These sugars can all damage your teeth, and the higher up it appears in the list of ingredients, the more sugar there is in the product.

When you are reading the labels remember that 'no added sugar' does not necessarily mean that the product is sugar free. It simply means that no extra sugar has been added. These products may contain sugars such as those listed above, or they may be listed as 'carbohydrates'.

Continued Overleaf 

Focus On Diet for Teeth

(Continued)



Q. Does chewing gum help?

A. Chewing gum makes your mouth produce more saliva, which helps to cancel out the acid in your mouth after eating or drinking. It has been proven that using sugar-free chewing gum after meals can prevent tooth decay. However it is important to use only sugar-free

gum, as ordinary chewing gum contains sugar and therefore damages your teeth.

Q. Can I eat sweets?

A. The main point to remember, is that it is not the amount of sugar you eat or drink, but how often you do it. Sweet foods are allowed, but it is important to keep them to mealtimes. As far as diet is concerned, snacking between meals

is the biggest cause of tooth decay. Sugary foods can also contribute to a range of health problems including heart disease and obesity.

Of course if you require any further information or advice, please do not hesitate to ask Adam or Donna.

Visiting the Dental Hygienist

At The Dental Centre we now have a dental hygienist. Donna, our new hygienist, is here on Mondays and Thursdays. 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's 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 will carry out this type of work. However, the hygienist has 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.

Your 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 your 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 had a great Summer! Best Wishes from Adam Deitsch
and all the staff.*

Don't forget you can find us online at www.thedentalcentre.org

