

# The Rickmansworth Dental Centre Newsletter

tel: 01923 777450

e-mail: [dentist@thedentalcentre.org](mailto:dentist@thedentalcentre.org)

Issue 55, Winter 2015

Welcome to the 55<sup>th</sup> 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 Winter 2015 Newsletter. We trust you had a good festive period and New Year. We hope you are keeping well and managing to avoid the various bugs that seem to be going around this time of year.

From 1st April, we will be introducing a friends and family test questionnaire. More details of this and about No Smoking Day on 11<sup>th</sup> March 2015 later in the newsletter.

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.



## No Smoking Day

Wednesday, 11th March 2015 is No Smoking Day.

This year's No Smoking Day theme is 'Proud to be a Quitter'. In life we're told never to give up, to keep going – but when it comes to smoking, being a 'Quitter' is a good thing. The annual campaign is run by the British Heart Foundation (BHF) and encourages hundreds of thousands of smokers to make a quit attempt on No Smoking Day. For more information on No Smoking Day and support to help you quit, as well as an online forum where you can talk and get motivation and support from thousands of quitters, visit [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk).

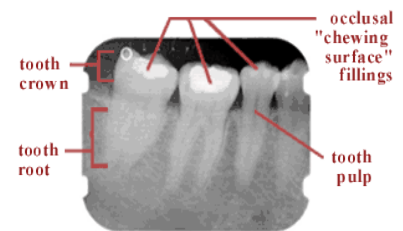


## Focus On Dental X-Rays



X-rays are a form of energy that travels in waves. X-rays can enter solid objects, where they either are absorbed or continue to pass through the object. The denser the material X-rays enter, the more they are absorbed and the less they are able to pass through.

Teeth and bone are very dense, so they absorb X-rays, but gums and cheeks are much less dense, so X-rays pass through more easily. That's why cheeks and gums appear dark and without detail on the X-ray film, but teeth show up much lighter. And fillings, which are even denser than bone, will show up as a solid, bright white area. Dental caries (cavities) will show up on an X-ray as a darker patch in a light tooth.



## Thank You

Adam and all the staff at The Dental Centre would like to thank everyone for their cards, presents and good wishes over the festive period. We would like to take this opportunity to wish you a belated happy and healthy New Year.



## Friends and Family Test



From 1st April, as part of our NHS contractual obligations, when you receive care or treatment within the NHS, you will be asked to fill out a short questionnaire to give us feedback. The questionnaire simply asks if you would recommend The Dental Centre to your friends and family. This is already being done in other areas of the NHS in an attempt to improve the quality of services provided. Our comments and suggestions box is still present in the waiting room and we welcome all patients to give feedback on their experience at The Dental Centre.



## Dental Hygienists

Our two hygienists, Julita and Alicia are working at The Dental Centre helping patients keep their teeth and gums healthy. Alicia is here Monday, Tuesday and Wednesday and Julita, one Saturday morning a month. If you contact Pam on reception, she will be able to give you further information.

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.



**David Bowie**  
David Bowie has undoubtedly been a major figure in popular music since the 1960's. He is also one of the many celebrities who have undergone cosmetic dental treatment and had his characteristically crooked teeth replaced with a set of crowns in the early 1990's. Inspired by Bowie's unique original look, Jessine Hein, a German painter and sculptor, made a reproduction of the singer's natural teeth.



The sculpture is being displayed, but is not currently for sale. We'll let you know when it becomes available!



## Brush Yourself Younger

A new study on lifestyle and appearance has linked personal effort in oral hygiene to perception of facial age. The findings suggest that people with good dental routines and overall oral health can appear up to ten years younger.

A team of scientists at Unilever and Leiden University in the Netherlands evaluated various lifestyle factors, such as smoking, sun-bathing and oral care, in relation to perceived facial age. The results showed that, along with other factors, thorough oral care, including flossing and regular brushing routines, can have long-term effects on the preservation of a youthful look.

Remember if there is anything you are unhappy about with the appearance of your teeth, please let us know as there are now many treatments available to improve their appearance.



X-ray images, also called dental radiographs, are among the most valuable tools a dentist has for keeping your mouth and teeth healthy. By understanding what the structures of the mouth look like normally on an X-ray film, dentists can diagnose problems in the teeth and jaws. For adults, radiographs can:

- Show areas of decay that the dentist may not be able to see with just a visual examination, such as tiny pits of decay that might occur between teeth
- Find decay that is developing underneath an existing filling
- Find cracks or other damage in an existing filling
- Alert the dentist to possible bone loss associated with periodontal (gum) disease
- Reveal problems in the root canal, such as infection or death of the nerve
- Help your dentist plan, prepare and place tooth implants, orthodontic treatments, dentures or other dental work
- Reveal other abnormalities such as cysts, cancer and changes associated with metabolic and systemic diseases (such as Paget's disease and lymphoma)

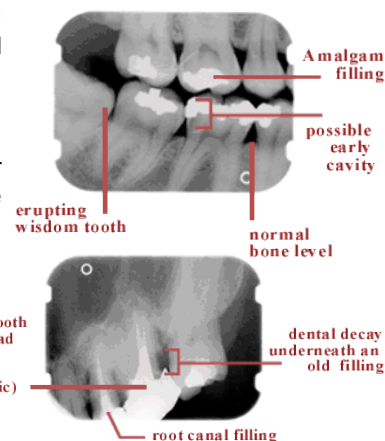
For children, radiographs are used to watch for decay and to monitor tooth growth and development. We can use X-rays to see whether there is space in the mouth to fit all

**Continued Overleaf**

the new teeth, whether primary teeth are being lost quickly enough to allow permanent teeth to erupt properly, whether extra (supernumerary) teeth are developing or whether any teeth are impacted (unable to emerge through the gums). Often, major problems can be prevented by catching small developmental problems early.

There are various types of radiographs. The two main types we use at The Dental Centre are:

- Bite-wing radiographs that highlight the crowns of the teeth. On each radiograph, the upper and lower teeth in one portion of the mouth are shown, from the crown to about the level of the jaw.
- Periapical radiographs highlight the entire tooth. On each radiograph, the teeth from either the upper or lower jaw in one portion of the mouth are shown. The difference from bitewings is that in a periapical X-ray, the whole tooth is shown, from the crown down past the end of the root to the part of the jaw where the tooth is anchored



Exactly how often x-rays are taken will depend on your medical and dental history and current condition. Some people may need X-rays as often as every six months. For others, X-rays may not be needed for as long as two years. In patients with no recent dental or gum disease and who visit the dentist regularly for check-ups, X-rays may be taken at even longer intervals.

All types of radiation can cause damage to body cells. The amount of radiation received from a dental x-ray is extremely small. We get more radiation from natural sources, including minerals in the soil, and from our general environment. With modern techniques and equipment, risks are kept to a minimum. However, Adam will always take care to use x-rays only when he needs to. We avoid routine dental X-rays on pregnant women until after they give birth. Although there is no proof that a routine dental X-ray could harm a developing baby, we usually suggest you wait to have your X-rays until after the baby is born. Delaying the X-ray for a few months will not result in further harm to teeth in most cases. There are times when the severity of the dental problem requires an X-ray to deal with an urgent concern.

### Visiting the Dental Hygienist

At The Dental Centre we have two dental hygienists. Alicia is here on Mondays, Tuesdays and Wednesdays. Julita, our other hygienist works here one Saturday morning a month (please contact the surgery for further details).

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 warm Winter  
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](http://www.thedentalcentre.org)*

