



The Rickmansworth Dental Centre Newsletter

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Issue 57, Summer 2015

Welcome to the 57th 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 2015 Newsletter. We trust you are keeping well and enjoying the glorious weather we are sure to be having this time of year (or at least not getting too wet!).

We hope you enjoy the latest newsletter, where we are covering topics from National Smile Month to black teeth. We also celebrate Adam's silver anniversary as a dentist.

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 15th birthday this Summer at The Dental Centre. 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.

This summer also sees Adam celebrate the 25th anniversary of his qualifying; a quarter of a century of looking in mouths. Here's to the next 25 years!

National Smile Month



National Smile Month is running from 18th May to 18th June 2015. The campaign, now in its 39th year, is the UK's largest and longest-running oral health campaign.

Together with thousands of individuals and organisations, National Smile Month promotes three key messages, all of which go a long way in helping us develop and maintain a healthy mouth. They are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

The aim of National Smile Month is to ultimately improve the UK's oral health. Organised by oral health charity, the British Dental Health Foundation, the campaign hopes to raise awareness of important health issues, and make a positive difference to the oral health of millions of people throughout the UK.

Remember it takes 43 muscles to frown, but only 17 to smile!

Friends and Family Test



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. This has been running since 1st April and the responses received so far have been extremely positive. We will aim to keep up the high standards to which we aspire.

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.

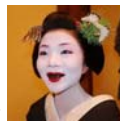
Alzheimer's Research



The World Health Organization estimates that worldwide 47.5 million people have dementia, of which Alzheimer's disease is the most common cause. Yet, the disease is usually diagnosed only at a fairly late stage and diagnosis techniques can be costly and invasive. Now, a recent study has provided new evidence that saliva, an easily obtained body fluid, could be used to detect changes related to Alzheimer's. The University of Alberta, reported that the study showed a strong association between certain substances in a person's saliva and his or her cognitive abilities.

This follows another recent study by The University of Central Lancashire that found that people with poor oral hygiene or gum disease may be at a greater risk of developing Alzheimer's disease.

Ohaguro



Ohaguro is the custom of dyeing one's teeth black. It was most popular in Japan until the start of the 20th century. Tooth painting is also known and practised in the south-eastern parts of China, Pacific Islands and Southeast Asia. Ohaguro existed in one form or another for hundreds of years and was seen amongst the population as attractive. Objects that were pitch black, such as glaze-like lacquer, were seen as beautiful. Dyeing is mainly done by married women, though occasionally men do it as well.

It was also beneficial, as it prevented tooth decay, in a similar fashion to modern dental sealants.



Unfortunately this is not a service we offer at The Dental Centre. However, we do offer very effective tooth whitening treatments! Please ask any of the team for more information.

Focus On Bad Breath



What causes bad breath?

Bad breath is a very common problem and there are many different causes. Persistent bad breath is usually caused by the smelly gases released by the bacteria that coat your teeth and gums. However, strong foods like garlic and onions can add to the problem. Smoking is also one of the main causes of bad breath, along with certain illnesses such as nasal and stomach conditions. Bits of food that get caught between the teeth and on the tongue will rot and can sometimes cause an unpleasant smell.

Bad breath can also be caused by some medical problems. Dry mouth (xerostomia) is a condition that affects the flow of saliva. This causes bacteria to build up in the mouth and this leads to bad breath. Dry mouth may be caused by some medicines, salivary gland problems or by continually breathing through the mouth instead of the nose. Older people may produce less saliva, causing further problems. If you suffer from dry mouth Adam may be able to suggest ways of dealing with the problem.

Other medical conditions that cause bad breath include infections in the throat, nose or lungs; sinusitis; bronchitis; diabetes or liver or kidney problems. If we find that your mouth is healthy, you may be referred to your family GP or a specialist to find out the cause of your bad breath.

Tobacco also causes its own form of bad breath. The only solution in this case is to stop smoking. As well as making your breath smell, smoking causes staining, causes loss of taste and irritates the gums. People who smoke are more likely to suffer from gum disease and also have a greater risk of developing cancer of the mouth, lung cancer and heart disease. Ask us,

your pharmacist or practice nurse for help in quitting. If you do stop smoking, but still have bad breath, then you need to seek further advice

How can I tell if I have bad breath? Lots of small signals can show that you have bad breath. Have you noticed people stepping away when you start to talk? Do people turn their cheek when you kiss them goodbye?

If you think you might have bad breath, there is a simple test that you can do. Simply lick the inside of your wrist and sniff — if the smell is bad, you can be pretty sure that your breath is too.

How can the dentist help? If you do have bad breath, you will need to start a routine for keeping your mouth clean and fresh. Regular check-ups will allow Adam to find any problems. The earlier the problems are found, the more effective the treatment will be. Adam or the hygienist will be able to clean all those areas that are difficult to reach. They will also be able to show you the best way to clean your teeth and gums, and show you any areas you may be missing, including your tongue.

Can I prevent bad breath? To keep your breath fresh, you must get rid of any gum disease, and keep your mouth clean and fresh. If you do have bad breath, try keeping a diary of all the foods you eat and list any medicines you are taking. Bring this diary with you on your next visit and we may be able to suggest ways to solve the problem.

Brush your teeth and gums twice a day with a fluoride toothpaste. Don't forget to brush your tongue as well. Use dental floss once a day for cleaning between your teeth. There are other products you can buy to clean between your teeth (they are called 'interdental cleaners').

If you wear dentures, take them out at night to give your mouth chance to rest. Clean them thoroughly with soap and lukewarm water, a denture cream or a denture cleaning tablet. Do not clean them with toothpaste as it will scratch the surface and more stains will build up. They will also lose their shine. Use a denture brush kept just for the purpose. Remember to clean the surfaces that fit against your gums and palate. This will make sure your dentures are always fresh and clean, and avoid the plaque build-up on the denture that may cause bad breath.

What products are available? There are several types of toothpaste you can use; from total care toothpaste to those especially for sensitive teeth. Look for the toothpaste that will suit your needs. If you know that you often get food stuck between your teeth, you may need to brush after every meal. So carry a brush and interdental cleaner with you.

Most mouthwashes only disguise bad breath for a short time. So if you find that you are using a mouthwash all the time, talk to Adam, because he may be able to recommend a mouthwash for you to use.

If you require any further information or advice, please do not hesitate to ask Adam or any of the team at The Dental Centre.

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 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*