



# The Rickmansworth Dental Centre Newsletter

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Welcome to the 57<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 2016 Newsletter. We trust you are keeping well and are avoiding the flooding, the viruses and all the other joys of this time of year! The exciting news this quarter is that our hygienist, Alicia, is having a baby. She will soon be going on maternity leave, but hopes to be back early next year. We will keep you updated on her progress. Our other hygienist, Julita, has left the practice and we are currently in the process of finding her replacement. We all wish her well for the future.

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.

## 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



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 2015 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



We have two hygienists at The Dental Centre helping patients keep their teeth and gums healthy. Alicia is here Monday, Tuesday and Wednesday and our other hygienist, 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.

## Great British Teeth!



The century-old American stereotype -- that the English have terrible teeth -- has been disproved in a new study published in the British Medical Journal. The British have reason to smile after researchers found their oral health was in some cases actually better than their U.S. counterparts in the study entitled "Austin Powers Bites Back." The average number of missing teeth was higher in the United States at 7.31, while in the UK the average number was 6.97, according to researchers from both Harvard University and University College London.

## No Smoking Day

Wednesday, 9th March 2016 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. Now in its 33rd year, 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). Below is an article on how smoking can affect your oral health and a few tips on how to try and quit.



## Focus On Smoking And Oral Health



Most people are now aware that smoking is bad for your health. It can cause many different medical problems and, in some cases, fatal diseases. However, many people don't realise the damage that smoking does to their mouth, gums and teeth. While the effects of smoking on your lungs, heart and other organs are not visible to the naked eye, the dentist or hygienist can easily see the evidence in your mouth. Smokers can expect to develop some combination of the following, depending on the amount and length of time they have smoked:

• Oral cancers  
Tobacco has a direct carcinogenic effect on the cells of the mouth. The death rate from oral cancers (which includes cancers of the tongue, mouth, gums, tonsils and pharynx) exceed the death rate from cervical cancer.

For more information on oral cancer see our Autumn 2011 newsletter (issue 42) online at [www.thedentalcentre.org](http://www.thedentalcentre.org).

• Oral Infections  
Smoking is also associated with many other disorders and infections in and around the mouth. The diseases most commonly associated with smoking include: Mouth ulcers, Chronic sinus infections, oral candidal infections (Thrush), Smokers palate (inflammation of the roof of the mouth), Smoker's melanosis (brown patches) and Lichen Planus (white patches)

• Discoloured teeth  
Tobacco stains and discolours teeth, dentures and restorations.

• Persistent bad breath  
Tobacco, whether smoked or chewed, can cause halitosis (bad breath).

• An increase of calculus (tartar) build-up  
Calculus deposits make it easier for plaque to stick to teeth and cause gum disease and cavities to form.

• Periodontal (gum and bone) disease.  
Smoking is a significant risk factor for gum disease. Tobacco reduces blood flow to the gums, depriving them of oxygen and nutrients that allow gums to stay healthy, and leaving them vulnerable to bacterial infection. According to one recent study, cigarette smoking may play a major role in more than half the cases of severe gum disease in adults. Current smokers were about four times more likely to have periodontitis (gum disease) than people who had never smoked. If unchecked, periodontal disease can lead to complete destruction of the tooth's supporting tissues, abscesses and, ultimately, loss of the tooth. As the gums recede with gum disease, the exposed root of the tooth is more prone to decay. Gum disease has also been associated with heart disease. See our Summer 2013 newsletter (Issue 49), online at [www.thedentalcentre.org](http://www.thedentalcentre.org).

• Hairy tongue  
This brown, furry growth on the surface of tongue traps germs and eventually creates a burning sensation on the tongue and exacerbates bad breath.

• Smoker's lip  
This is created by cigarette burns to the lip.

• Altered sense of taste and smell  
The smell and taste functions of smokers can be acutely affected by the gasses and chemicals within tobacco.

• Delayed wound healing  
Tobacco reduces the blood flow in the mouth which influences the rate at which wounds heal within the mouth. Consequently healing is much slower and not as successful

following oral surgery on smokers.

- Failure of dental implants

Tobacco can be damaging to both the initial and long-term success of dental implants. Indeed, in one study smoking was the most significant factor predisposing to implant failure.

### Stopping Smoking

The most important step that smokers need to take to improve their oral health and minimise the risk of oral cancer is to stop smoking. Men and Women of all ages experience major and immediate health benefits when they stop smoking. Ex-smokers have a decreased risk of heart disease, respiratory illnesses, strokes and many cancers. In fact, after 15 years, an ex-smoker's risk of death is similar to that of a person who has never smoked. Stopping tobacco use is very difficult, since it is an addiction. Here are some tips to help get you started:

Begin by figuring out why and when you smoke. That's the first step to stopping for good. In order to succeed, you must convince yourself that you really want to stop smoking. There are two ways to stop smoking: going 'cold turkey' or tapering off slowly.

Whichever way you choose, pick a memorable date to stop, preferably during a time of low stress. Get plenty of exercise. If you have been a heavy smoker, the use of nicotine patches or gum may be advisable. Medications are also available. Contact your pharmacist or doctor for further information. Don't be discouraged! On average it takes about five attempts to successfully stop smoking. Each relapse brings you one step closer to stopping for good.

The Four D's:

Drink Water - Water with crushed ice helps flush nicotine out of your system faster and helps satisfy oral cravings.

Deep Breathing - Take a "deep breath break" instead of a cigarette break - Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly, and blow out the match.

Delay- Each day, delay lighting your first cigarette by one hour. When you have your next craving, delay for another 15 or 30 minutes. Now YOU will be in control.

Do Something Different - When you have a craving, change your activity. Get out of the situation that makes you want to smoke.

Evidence shows you are more likely to stop smoking for good if you get the right support. This support is available free of charge through the NHS. Visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree), where you can get help and advice and even a free 'Quit Kit'.

## Visiting the Dental Hygienist

At The Dental Centre we have two dental hygienists. Alicia is here on Mondays, Tuesdays and Wednesdays. 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 healthy Winter  
With Best Wishes from Adam Deitsch and all the staff at  
The Dental Centre.*

