



## Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

**If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.**



## Prevention is better than cure

At Cambray Dental our focus is very much on preventive dentistry. It is important that you see us as often as we recommend so we can spot any potential problems at an early stage to save you unnecessary time and expense. We also advise you to have your teeth professionally cleaned regularly, this helps to combat gum disease as well as making you feel good about your smile.

If you haven't already, we would like you to consider joining one of our Denplan monthly payment schemes. These provide a convenient way to spread the cost of your regular dental care and offer a number of other benefits including worldwide emergency cover. Please ask us for more information.

## Thank you

We are grateful to those of you who have recommended friends and family to the practice, and continue to offer a warm welcome to anyone you feel would benefit from our services.



Edited in association with the British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.  
© This newsletter is written & produced by Blue Horizons Ltd., 122 Bath Road, Cheltenham, GL53 7JX • [www.bluehorizonsmarketing.co.uk](http://www.bluehorizonsmarketing.co.uk)



# PATIENT NEWSLETTER

## In this issue...

We've got lots more interesting articles and useful information for you in our latest newsletter. For example, you can read about the warning signs of gum infections and get advice on how to avoid them. It may come as a surprise that improving your smile needn't cost the earth – you can find out more inside. Also, if you have a sweet tooth or snack between meals you might like to read 'The sugar factor' to discover how to limit damage to your teeth.

**If you have any questions for us or would like further details about anything you read, please just ask – we are always happy to help.**



7 Cambray Place, Cheltenham, Gloucestershire GL50 1JS  
telephone: 01242 515599 email: [enquiries@cambraydental.co.uk](mailto:enquiries@cambraydental.co.uk)  
website: [www.cambraydental.co.uk](http://www.cambraydental.co.uk)

# Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

## Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



# Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

# The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

## Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

