

Helping our patients through the credit crunch

Many of our patients have commented on the rising cost of living at the moment – fuel, food and petrol prices alone are making a big difference to many of us.

At Cambray Dental we want to make it as easy as possible for our patients to keep their teeth and gums healthy and looking good, and so do our best to offer affordable dental care.

Lots of patients have joined one of our **Denplan schemes**. These give you a number of benefits, including easy monthly payments which cover routine examinations and hygiene appointments, plus worldwide emergency cover.

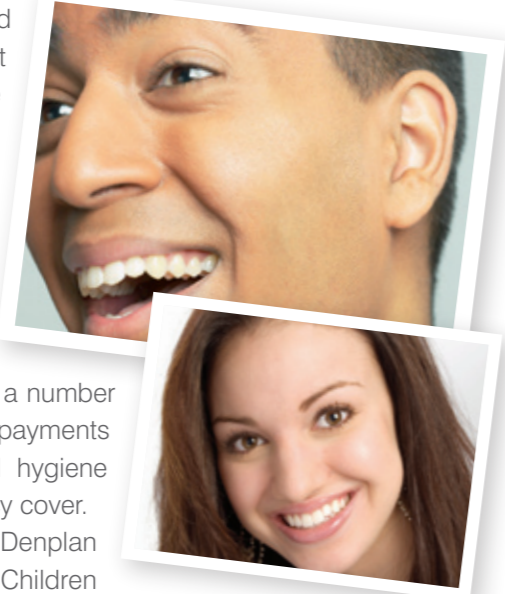
If you would like to know more about Denplan Essentials, Denplan Care or Denplan for Children please give us a call or ask next time you visit.

We would urge our patients not to cut back on your dental expenditure if your budget is tight. It is vital to keep your mouth in good condition, and to visit us regularly. Spotting potential problems early means you can save both time and money. In some cases, such as mouth cancer, it can even save your life.

Keeping us up-to-date

If you have moved house or changed any of your contact numbers, please do let us know so that we can stay in touch with you.

Similarly, if you have had any changes to your health or medication, please tell us when you next visit – this information is vital to ensure that any treatment we give you is completely safe.



Practice improvements

We continue to invest in the practice to ensure we offer our patients the very best care. Our latest news is that we have **refurbished the treatment room** next to reception. We are very pleased with the outcome and the favourable comments that we have received from patients.

Smile with confidence

If you would like to change the way your smile looks, or simply reverse some of the effects of ageing, we can help.

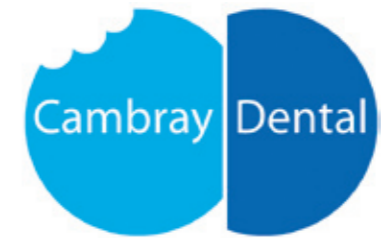
Tooth whitening is a popular treatment. At Cambray Dental we offer both in-house and take home kits. Other treatments include **dental veneers**, which can disguise many imperfections, and replacement of old amalgam (silver-coloured) fillings with virtually invisible tooth-coloured ones.

If you have missing teeth, there are many different ways of filling the gap, from a traditional bridge or dentures to dental implants – strong, permanent and extremely realistic replacements. Please ask if you would like more information.



Feedback

We are constantly looking for ways to improve the care we provide to our patients so if you have any feedback about any aspect of our services then please talk to us. In particular, do tell us what you think of our newsletters and let us know if there is anything that you would like to see included in future issues.



In this issue...

- Beckham's smile is a winner
- Exercise to keep your teeth

PATIENT NEWSLETTER

Welcome

We've got a great selection of articles for you in this newsletter. We tell you which top footballer has a winning smile, explain how exercise can help you keep your teeth for life, see just how many teeth the fearsome shark has and much more. We hope you enjoy it!



Please see us as often as we recommend so we can spot any potential problems at an early stage. Having your teeth professionally cleaned regularly is also important – this helps to combat gum disease as well as making you feel good about your smile. If you would like to make an appointment we would love to see you again – just give us a call to arrange a suitable date.



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.

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Special lollipop fights decay

We usually recommend patients to steer clear of lollies, but now a dentistry professor has invented a lolly that fights tooth decay. Available in the United States, the orange flavoured lolly contains a liquorice extract which kills the primary bacteria that cause tooth decay.



Why your medication matters

We are often asked why we need to know about patients' medical conditions and what medication they are taking. The simple answer is that it helps us treat you safely.

We need to know any regular medications you take, and any others that you have taken recently. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

This helps you and us avoid any potential problems. For example, some antibiotics can make the contraceptive pill less effective, so you will need to take extra precautions for a while.

Knowing your medical history helps us understand any signs and symptoms seen in your mouth, and help you with any side-effects from your medication. These can include common issues such as dry mouth or ulceration.

In some cases, we spot signs of illnesses that you are not unaware of, and can advise you to see your doctor. **If your health or medication changes, please do let us know, or give us a call so we can update your records.**



Beckham's smile is a winner!

British football icon David Beckham has one of the best celebrity smiles in the world, according to a new survey.

He was beaten to the prestigious top male smile spot only by film star Brad Pitt, and in fact was the only non-film star to be awarded the accolade.

The survey was carried out among members of the American Academy of Cosmetic Dentistry, who voted actress and super model Eva Mendes' smile the most gorgeous and glamorous of them all.

These days it isn't just high-earning celebrities who can have fantastic smiles. Modern techniques and materials mean that anyone can have their smile enhanced, often at a much smaller cost than they might think.

Tooth whitening can have a big impact on your smile and your confidence, lightening teeth and helping to erase stains caused by smoking or drinking tea, coffee or red wine. And because teeth tend to darken with age, having lighter teeth can also make you look younger!

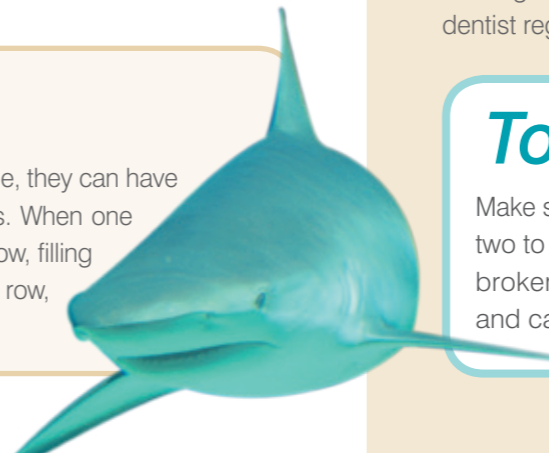
Other treatments include dental veneers, which can disguise a number of imperfections, and dental implants which are strong, realistic replacements for one or more missing teeth.

To find out how you could have a winning smile, please call us to book a consultation.



Sharks' teeth

It's no wonder sharks are so widely feared – at any one time, they can have up to 300 teeth! The teeth are arranged in about five rows. When one is damaged or lost, all the teeth behind it move forward a row, filling the gap at the front. A new tooth then grows in the back row, so the shark is never left toothless.



'Exercise to keep your teeth'

Experts say that people who don't exercise, are overweight and have unhealthy eating habits have a greater chance of developing advanced gum disease and losing their teeth.

A new study shows those who stayed fit and healthy were 40% less likely to develop the condition. Now the British Dental Health Foundation is urging people to take better care of themselves.

Chief Executive Dr Nigel Carter said: "People see the health of their mouth and the health of their body as two very different things, but it is becoming increasingly clear that this just isn't the case.

"We already know that poor oral health can have a negative effect on the rest of your body, and the fact that gum disease increases your chances of developing heart disease, heart attacks, diabetes, strokes and low birth weight babies needs to be taken very seriously indeed."

Other ways of helping to avoid gum disease include brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth and around the gumline, cutting down on sugary food and drinks and visiting the dentist regularly.

Top tooth tip

Make sure you replace your toothbrush at least every two to three months, or after an illness. Worn and broken bristles can harbour germs and bacteria, and can also damage your gums.

