

# Word of Mouth

**Glendair**  
Dental Practice

November is Mouth Cancer Action Month and research shows that dentists play a vital role in the early detection of the disease, which claims one person's life every five hours in the UK. Please don't skip the appointments that could help save your life and call us immediately if you have any concerns.

Autumn 2010



## Coffee cuts mouth cancer risk

GOOD news at last for coffee lovers! A recent study has found that drinking five cups of coffee a day could cut the risk of mouth cancer.

According to research those who enjoy a regular coffee fix are over a third less likely to develop cancer of the mouth or throat than those who do not drink coffee.

Researchers from the University of Utah in Salt Lake City found evidence to suggest that some of the ingredients in coffee can decrease the risks of mouth cancer.

The study found that caffeine was unlikely to be the magic ingredient, as drinking large quantities of tea offered no protection against mouth cancer. Chemicals, cafestol and kahweol, were considered most likely to be the beneficial elements, as they have anti-cancer properties.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter, said: "Many people enjoy coffee, but often worry about the risks it has for their health – possibly high blood pressure. But this study shows that drinking coffee can actually have beneficial effects."

Those who drank less than five cups a day are also less likely to be diagnosed with the illness, with their risk of mouth cancer decreasing slightly with each cup they drink.

Mouth cancer is one of the fastest growing cancers in the UK, with around 5,000 people being diagnosed each year.

Usually more common in men over 40, the numbers of women and young people being diagnosed are rising.

Tobacco is still considered to be the main cause for mouth cancer, with tobacco and alcohol contributing to at least three-quarters of cases. However, the protective effect of coffee was not reduced in smokers or drinkers.

The HPV virus, which is transmitted by oral sex, has recently been identified as another key risk factor and an unhealthy diet can also contribute. The Foundation advises an increased intake of fruit, vegetables, fish and eggs, as growing evidence suggests these can lower risks.

It also emphasises that early detection is vital, saying the chance of survival can increase from 50% to 90% if the disease is caught early.

Early symptoms include: an un-healing mouth ulcer, red or white patches in the mouth, unusual swelling, or lumps in the mouth. If you are suffering from any of these symptoms call us immediately on 01773 832 164 or 860 816. More information can be found at [www.mouthcancer.org](http://www.mouthcancer.org)

## Putting our breast foot forward!

Some 40 walkers including patients, staff, family and friends donned pink bras to raise money for Cancer Research UK.

We walked the 10k journey from Glendair - Alfreton to Santos Higham farm hotel on 25th September and raised £630!

We chose this worthwhile charity because of the good work they do and the fact that every penny raised goes into



● Uplifting fun! Chloe Vardy, Christine Vardy and Linda Wootton offer support.



● Charity walkers Claire Zoch, Kathy Greaves, Laura Brown and Robyn Brown.

research, rather than admin costs.

"Everyone at some point in their lives knows or has experience of cancer, so we wanted to do something to help," said practice manager, Bev Harston.

"This is the second year we have completed this walk and we plan to do it again next September."

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Implants look, feel and work like the real thing and offer a permanent solution to missing teeth. Call us now on 01773 832 164 to book a **FREE initial consultation.**  
Offer for 20% off a one tooth dental implant ends 31.01.10

*Keeping you smiling*

[www.glendairdental.co.uk](http://www.glendairdental.co.uk)

# Spotlight on - tooth grinding

## First Bruxism Awareness Week is launched

The UK's first Bruxism Awareness Week runs from October 25 to 31 and it aims to make people aware of this painful condition and offer support to sufferers.

Bruxism - tooth clenching and or grinding - is a condition that affects around 50% of the population. It is often stress related and is the main cause of tooth wear and breakage, disorders of the jaw (pain and limited movement) and headaches and migraines. Both children and adults are affected but it is most common in 25-44 year olds.

It has been reported recently that there has been a 20% increase in patients suffering with bruxism.



Signs that someone could be suffering from the condition can include:

- waking up with a headache, earache, jaw or facial pain that eases as the day goes on
- signs of wear and tear of the teeth
- increased tooth sensitivity, flattening, cracks or broken fillings.

Help is available. Please don't suffer in silence - talk to us about specialist splints and mouth guards that can be custom-made to relieve the symptoms.

Bruxism Awareness Week is supporting the Help 4 Heroes charity and is hoping to raise £1,000. Many people suffering from Post Traumatic Stress Disorder are also found to grind their teeth.

## Hollywood actress makes shocking dental confession

CELEBRITY A—Lister, Jessica Simpson, has admitted that she only brushes her teeth a few times a week.

The 29-year-old actress and singer made the shocking confession during a live chat show interview. She said: "I only brush my teeth maybe three times a week - I don't brush every day.

"It's because my teeth are so white and I don't like them to feel too slippery, but I do use Listerine mouthwash and I do floss every day. My lips just slide all over the place. I can't catch up with my mouth, so I need a little coating. I know it's gross, but I always have fresh breath."

The British Dental Health Foundation emphasises that brushing teeth twice a day is crucial to maintain a healthy smile.

The Foundation's Chief Executive, Dr Nigel Carter, said: "Brushing is important because it removes plaque, which if left can build up on the teeth and cause tooth decay and gum disease. In fact, a good dental care routine can prevent most dental problems and decrease the need for treatments such as fillings and extractions.

"Past studies have found connections between oral health and serious illness and conditions such as heart disease, strokes, diabetes and premature births. Caring for teeth should be something everyone makes time to do, as keeping your teeth healthy can help keep your body healthy too."

### Practice News

#### Patient feedback

We are always looking to improve the service we provide and are currently undertaking a patient survey at our practices. Please let us know if you have any ideas or suggestions.

#### Christmas hours

Please see the box opposite for our Christmas opening hours. If you experience a dental emergency over the festive period please don't suffer in silence, call us for advice or emergency treatment on 01773 83 2164, 01773 860 816 or 0845 052 3670 and we will do all we can to help.

#### Good luck Claire

Claire Adams will be going on maternity leave shortly. We would like to wish her all the best with the birth of her baby and we will keep you posted with news of the new arrival.

### Gift vouchers for Christmas

*It may seem like ages away but Christmas is just around the corner. Why not treat your loved one to a Glendair Dental gift voucher that can be spent on any of our treatments throughout the year. Our gift vouchers come in £10, £25 and £50 denominations.*

*Call us for more information*

#### Glendair Dental

Limes Avenue  
Alfreton  
Derbyshire

Opening hours:  
Mon - Thurs: 8.30am - 5pm  
Friday: 8.30am - 12.30pm

01773 832 164

81 High Street  
South Normanton  
Derbyshire

Opening hours:  
Mon - Thurs: 8.30am - 5pm  
Friday: 8.30am - 12.30pm

01773 860 816

[www.glendairdental.co.uk](http://www.glendairdental.co.uk) [info@glendairdental.co.uk](mailto:info@glendairdental.co.uk)

Christmas opening hours:  
Dec 24: 9am - 12.30pm  
Dec 29 & 30: 9am - 4pm  
Dec 31: 9am - 12.30pm

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Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.