

## The health issue

Keeping your mouth healthy and free from decay and gum disease is the most important service we provide, that's why we have dedicated this whole newsletter to health matters. We hope you find it interesting and useful.

Summer 2011



# Desk grazing a risk to oral health

A growing trend for eating on the go is impacting on our oral health.

The new breed of grazers is putting their dental health at risk by failing to clean their teeth as frequently as they eat.

A survey reveals that 68 per cent of Brits snack more than six times a day, as they spend longer hours chained to their desks.

A faster-paced work ethic, longer working hours and shorter lunch breaks means 25 per cent of office workers find it more convenient to snack throughout the day than stick to the traditional three meal regime, with 62 per cent

admitting to eating on the go at least four times a week.

But the oral health regime is failing to keep up – with 65 per cent of Brits admitting that despite snacking more throughout the day, their teeth cleaning routine hasn't evolved to keep up.

Dr Nigel Carter, chief executive of the British Dental Health Foundation, said: "When we are grabbing a bite to eat, it is easy to forget that it's still just as important to clean our teeth as we would after eating a meal."

Lawyers and bankers are the worst culprits,

with 67 per cent eating sporadically throughout the day but buck the national trend by consciously cleaning their teeth after every snack and drink.

For those working in marketing and media, 35 per cent were seemingly unconcerned about keeping their teeth clean throughout the day.

Teachers are also skipping the dental health lessons with 68 per cent admitting that, despite digging into their food up to six times a day, they only clean their teeth in the morning and evening.

It also seems wisdom does not always come with age, with 70 per cent of over 55-year-olds stating they are not concerned that their dental routine has deteriorated.

Marketing manager, Adrian Toomey, said: "As the snacking culture continues to rapidly grow, and our diets evolve to having smaller meals throughout the day, we need to make sure our oral health care habits are changing to reflect this. Chewing sugarfree gum is a great solution to oral care on the go."

Dr Carter added: "You can't always use a toothbrush but chewing sugar free gum after a meal is a suitable alternative, stimulating the production of saliva which helps to neutralize plaque acids that may lead to tooth decay."

## Helen starts Six Month Smile therapy

Glendair Dental Practice is the only practice in Derbyshire to offer Six Month Smile orthodontic therapy and our dentist, Laurie Carlson-Hedges, was one of the first dentists in the UK to qualify following his training in late 2009.

Helen (pictured) is a 45-year-old mum of two and dispensing technician in a pharmacy. She has just embarked on Six Month Smile orthodontic therapy with Laurie to straighten her teeth.

This nearly invisible adult orthodontic system offers patients great results in less than nine months. It uses ultra-clear brackets and tooth-coloured wires that are adjusted every four weeks and is ideal for improving the symmetry of the teeth, rounding out arches, improving overbite, alleviating crowding and improving gum levels. Straighter teeth are also easier to clean.

Helen, from South Normanton, said: "I absolutely hate my teeth. They are clean



and healthy but they are very crossed. I had considered having braces as an adult but I was put off by the length of time I thought they took, the expense and I also thought I would have to have teeth taken out but that's not the case with Six Month Smiles.

"I think having straighter teeth will give me more confidence. I am excited about my treatment and looking forward to having the smile I've always wanted!"

**Special offer**  
**3 packs of Tepe**  
**interdental brushes**  
**for just £9**

**While stocks last!**  
**(Full price £3.15 each)**

# Spotlight on - *interdental cleaning*

If done properly, brushing will clean 60 per cent of your tooth surface. But what about the remaining 40 per cent? Removing plaque and debris from these hard-to-reach areas is vital for keeping gum disease and decay at bay.

Flossing removes plaque and food particles from the places where a toothbrush cannot easily reach, such as under the gum line and between your teeth. Because plaque build-up can lead to tooth decay and gum disease, daily flossing is highly recommended.

To receive maximum benefits from flossing, Colgate experts advise using the following technique:

- Starting with about 18 inches of floss, wind most of the floss around each middle finger, leaving an inch or two of floss to work with.
- Holding the floss tautly between your thumbs and index fingers, slide



it gently up and down between your teeth.

- Gently curve the floss around the base of each tooth, making sure you go beneath the gum line. Never snap or force the floss, as this may cut or bruise delicate gum tissue.
- Use clean sections of floss as you

move from tooth to tooth.

- To remove the floss, use the same back and forth motion to bring the floss up and away from the teeth.

People do find flossing tricky. A recent survey by Philips, found that 82 per cent of people were prevented from flossing because they felt it was too difficult. If you are one of those people - talk to us!

Our flossing advice will help improve your technique and we'll show you other ways of cleaning between your teeth, such as by using interdental brushes.

Interdental brushes have small bristled heads and are available in various sizes to fit snugly between your teeth. They do the same job as floss and many people find them easier to use. Technique is important, so please pop in to see us for helpful advice.

## Well done to Molly & Harry!



Budding artists were recently invited to create an Easter card for our competition. The lucky winners were Molly Jowitt, aged 9, and Harry Leverton, aged 3!

A very well done to Molly and Harry, who each won an Easter egg.

## Half of people skip night brushing

Nearly half of the population (47 per cent) has admitted to regularly skipping brushing their teeth at bedtime.

Women are the most likely to break one of the three golden rules for clean and healthy teeth, with nearly six out of ten (59 per cent) regularly skipping brushing their teeth at bedtime, compared to just over a third of men (35 per cent).

The findings have been revealed by the British Dental Health Foundation as part of its National Smile Month campaign. The survey also found that over a quarter of the population have admitted to not brushing their teeth for 24 hours

and 15 per cent have not cleaned their teeth for more than two days.

The BDHF's Dr Nigel Carter said: "Anyone who regularly skips brushing their teeth is storing up oral health problems for the future such as tooth decay and gum disease - the biggest cause of tooth loss often resulting in the need for bridges, dentures or implants."

He said brushing first thing in the morning coats the tooth's enamel with fluoride to strengthen and protect the tooth surface against acid attacks throughout the day. And brushing last thing removes deposits that have built up during the day, as well as removing plaque.

## We value your feedback

We are always looking for ways to improve, so please let us know what you think of our service. There are various ways of passing on your feedback. You can fill in a special form available from reception, email us with your views and suggestions, or write to us by post.

We look forward to hearing from you.

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