

This year we are putting renewed vigour into the achievement of good oral health by teaching you and your family how to make the most of your home maintenance regime. Maintaining healthy teeth and gums, and fresh breath should be something we all aspire to achieve.

We encourage you to chat with us during your next visit regarding any concerns you may have or ask us to check your brushing technique - we'd be only too happy to help.



## Kicking the habit boosts gum health



Giving up smoking is always a hot topic at this time of year and a popular choice for New Year's resolutions. And some of you may have already decided the time has come to quit.

We all know the health benefits of giving up smoking but did you know that smoking causes 50% of all cases of gum disease in the UK?

Alongside gum disease, smoking also causes bad breath, tooth staining, tooth loss and mouth cancer.

According to the Gum Disease Information Bureau, smoking increases bacterial plaque whilst reducing the delivery of oxygen and nutrients to the gums. It generates free radicals which delay the healing process, making the gums more susceptible to infection.

Figures from the NHS Information Centre say that between April 1, 2010 and June 30, 2010, an impressive 78,250 people had successfully given up smoking.

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services in England.

And of the 4,899 pregnant women who set a quit date, 2,102 - or 43% - had successfully quit at the four week follow-up.

Figures also show that you are more likely to succeed with giving up smoking the older you are. Some 32% of those aged under 18 had stopped smoking after four weeks but 55% of those aged 60+ had managed to refrain.

At Glendair Dental Practice we offer tailored smoking cessation advice to help our patients quit - and avoid gum disease.

Gum disease is the single biggest cause of tooth

## Event raises £2,000 for charity

A fun-filled evening hosted by us and Santo's Higham Farm recently raised £2,000 for Cancer Research.

A Burn's Night event in January included piping in the haggis and customary toast to the haggis, a five-course meal, auction, raffle and Scottish dancing.

Some 90 people attended the annual event and enjoyed traditional Scottish cuisine such as haggis, neeps and tatties, and stovies, which is slow cooked venison and beef, topped with sliced potatoes and fried oatcakes and served with clapshot - potatoes flavoured with onions.

Pamela McCane-Whitney MBE from Cancer Research said: "Yet again the Glendairians have come up trumps. We all so much enjoyed the Scottish celebrations and would like to say many, many thanks to everyone who was there."

Roger, our principal dentist, said: "We are very pleased with the amount



● Pamela McCane-Whitney MBE receives the cheque for £2,000 from Roger.

we raised and would like to say a huge thank you to everyone who supported this annual fund raiser, which always proves to be a great night out.

"We are planning a big band night next year to raise money for charity, so please come and join us!"

loss and it affects three out of four adults and more than half of all teenagers. It causes toothache, sensitivity, bad breath and bleeding gums and has also been linked to heart disease, bacterial lung infections, premature births and strokes.

The good news is that with regular visits to your dentist and a meticulous dental hygiene routine at home, gum disease can be controlled.

Please ask us at your next appointment or give us a call on the practice number.

**Worried about stained teeth?**

**Wondered how dull your teeth look to others?**

**Book a free shade test**

# Spotlight on - *family dental health*

## Give your children the best start possible

The healthy eating and brushing skills we learn as children we take into adulthood, so it is vital we teach our children the best, most effective ways to look after their teeth and gums.

### Parents - do YOU brush properly?

Are your brushing skills up to scratch? In order to maintain a healthy mouth and confident smile for life it is essential that effective dental care starts early. We can re-train parents and carers to allow them to lead by example when brushing and flossing at home. [Call us to find out more.](#)

### Fluoride toothpaste for children

Experts at Manchester University's School of Dentistry carried out 79 trials on 73,000 children and adolescents worldwide and found that fluoride toothpaste prevented dental decay - but only significantly where fluoride concentrations were 1,000 parts per



million or above.

Parents should always check the amount of fluoride present in toothpaste - particularly those marketed at children.

Patients concerned about the risk of fluorosis should discuss the benefits and

risks associated with fluoride with us.

### Fissure sealants

Learning to clean your teeth properly takes time and preventive measures can be taken to protect new teeth. Ask us about tooth-coloured fissure sealants which are applied to the biting surfaces of children's molars to prevent decay.

### Teen gamers & poor oral health

New research has found that snacking and sipping energy drinks while playing video games may be responsible for poor dental health among teenagers.

An American study has found that gamers are twice as likely to suffer from decay and caries than those with a more active lifestyle and said that they were more likely to binge on food and drinks containing high levels of sugar.

More than half of all teenagers in the UK are affected by gum disease to varying degrees - [call us if you are concerned about your child's oral health.](#)

## Practice News

### Renovations taking place

We are currently renovating both of our practices to comply with new cross infection and decontamination regulations.

New regulations stipulate that the decontamination of instruments must not occur in patients' presence.

We have spent £20,000 updating both practices and our investment in a separate decontamination area underlines our ongoing commitment to patient care and means that we can continue to offer unhurried, thorough consultations.

This renovation may result in changes to the location of some of our services, for example our Facial Aesthetics Clinic, which may relocate from South Normanton to Alfreton in the future.



## Dieters should milk the benefits

A new study has found that people who drink milk may be more likely to lose weight.

Researchers found that the high levels of dairy calcium and serum vitamin D in milk can lead to greater weight loss for those already on diets.

The study examined more than 300 men and women, aged 40-65, who were overweight or at risk of putting on excess weight. Over a period of two years researchers saw that even with allowance for variables such as age, gender, baseline Body Mass Index and total fat intake, an increased intake of milk led to greater weight loss.

Milk is not just beneficial for those who wish to lose weight. Dental health experts have emphasised for many years that milk and water are the only two safe drinks, when considering good oral health.

Chief executive of the British Dental Health Foundation, Dr Nigel Carter, said: "If this news encourages more adults to swap fizzy drinks and fruit juices for milk, then in terms of oral health it is definitely a good thing. Reducing the intake of drinks that contain high levels of sugar will protect teeth against decay, and drinking fewer fizzy drinks will help decrease risks of dental erosion."

**Don't forget to tell your friends and family that we offer a FREE initial consultation to new patients!**

### Glendair Dental

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