



Tooth Erosion - Simple Steps to Better Dental Health...

Tooth erosion - also known as 'acid erosion' - is the loss of tooth structure (enamel and dentine) which is dissolved away by acid in the diet. The main cause of erosion is from acidic foods and drinks, like fruit and fruit juices, particularly citric ones like oranges, lemons and grapefruits, and fizzy drinks. As the enamel dissolves away, it exposes the soft dentine underneath, which can lead to pain and sensitivity. Eroded teeth are also more likely to suffer tooth decay.

What can you do to prevent tooth erosion?

- ✓ Keep acidic foods and drinks to mealtimes, to reduce the number of acid attacks on your teeth.
- ✓ Use a straw to help drinks go to the back of your mouth to avoid

long contact with your teeth.

- ✓ Finish a meal with cheese, milk or water as this will help neutralise the acid.
- ✓ Chew sugar-free gum after eating as this helps to produce more saliva which neutralises the acid and helps to re-harden the enamel.

It is also important to remember that tooth erosion will be made worse if the teeth are brushed within an hour or two of consuming acidic food or drinks. This is because the acid softens the tooth enamel and then the toothbrush acts as an abrasive, removing the softened surface layer of the tooth. If left undisturbed for at least an hour, the enamel will have the chance to harden and remineralise.

If you have any concerns about tooth erosion, please speak to your dentist at your next visit.

Corsodyl Daily Mouthwash - helping keep mouths healthy

Corsodyl Daily is specially formulated for everyday use to help maintain the health of both teeth and gums.

Used twice daily, alongside regular brushing and flossing, it helps remove plaque which is a major cause of gum disease and bad breath. It also contains fluoride to help strengthen teeth and prevent cavities.

For more information on any of our oral healthcare products please speak to a member of the practice team.



Superhero sponsored walk - raising money for Macmillan Cancer Support

In August 2013, dressed in capes and masks, the Priory Dental Care team used their superpowers to walk, zoom and pow 5km around Downham Market raising money for **Macmillan Cancer Support**.

Money raised from the event will fund Macmillan's increasing range of services, including Macmillan doctors and nurses, new cancer care centres, practical help at home, and help with money for cancer patients both locally and nationally.



So far we have raised over **£650.00** so a very big thank you to everyone who sponsored us. And a special thank you to Toni Fairdale of Toni's Tailoring in Upper Marham for kindly making our superhero capes.

Thank you all for your valued support!

Q. What does the dentist of the year get?

A. A little plaque! ☺

Special Offer - £10 reward!

We are taking on new private patients, and what better than a recommendation from you, our valued patients!

If you have a friend who would be interested in joining our practice, please cut out this coupon, filling in your name and contact number in the space below, and pass it on for your chance to receive **£10** worth of **gift vouchers** redeemable against any of **our oral healthcare products**. Your friend will also be rewarded with a **15% discount** off their initial examination fee (normal cost £65.00), saving them **£9.75** on their first visit.

When your friend presents this coupon at their first appointment, we will contact you so you can collect your £10 voucher.

For further information, terms and conditions please speak to one of our friendly receptionists who will be happy to help. This offer is only valid using an official patient referral coupon. Terms and conditions apply. Offer ends on 31st December 2014

Name:

Contact Tel: