



Tooth decay - What can you do to prevent it?

Most people know that sugar causes tooth decay but did you know that it is not *how much* sugar we consume that causes tooth decay but *how often* we consume it?

When we eat food or drink containing sugar, the bacteria in our mouth turn it into plaque acid. The acid attacks the teeth by softening and dissolving the tooth surface (enamel). The acid attack can last for an hour after consuming sugar, before the natural salts in your saliva is able to neutralise the acid, and allow the tooth surface to 'remineralise' and harden. If you continuously eat foods or drinks containing sugar, your teeth become exposed to this acid for a much longer period, preventing the ability of

the saliva to repair the damage. Over a period of time, repeated damage will become "tooth decay".

How can I avoid tooth decay?
Snacking between meals can increase the risk of decay, as the teeth come under constant attack and do not have time to recover. It is therefore important not to snack on sugary foods or keep sipping sugary drinks throughout the day. Instead try sugar-free snacks like carrots, celery or cheese, drink water and limit sugar consumption to special occasions only.

Any part of the tooth can be at risk but the biting surfaces of the teeth and the surfaces between the teeth are the most likely to

decay, as food and plaque can become stuck in these areas. Brush twice a day with a fluoride toothpaste, and use interdental brushes (such as Tepe's), dental floss or dental tape to remove plaque and food from between your teeth to help prevent decay.

Did you know you can find Priory Dental Care online?

Why not visit our website where you can view our frequently asked questions, find out about our latest special offers, and catch up on the Priory Dental Care news: -

www.priory-dental.co.uk

You can also follow us on Facebook and Twitter



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 a **£10 gift voucher** 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 2015.

Name:

Contact Tel:

OHP 6/2015

Please help us to raise money for Big C, Norfolk's Cancer Charity

On Sunday 27th September members of the Priory Dental Care team are going to **Go Insane** to raise money for **Big C**.

Go Insane is a 5km mud run obstacle course, featuring mud pits, hay bale climbs and pond wades to name but a few ... so basically we are going to get very wet and very muddy!

Our chosen charity, Big C, fund life-saving and diagnostic equipment, treatments and nurses for hospitals in our local area. They

offer advice and practical support to people and families affected by cancer. They also invest in critical and ground-breaking research into cancer, right here in Norfolk.

Please help us to raise as much money as possible. Any donation, big or small, will be very much appreciated. We have a sponsor form at reception or, if you prefer, you can donate online at www.justgiving.com/PDC-Go-Insane

We thank you for your valued support! ☺

Raising funds in aid of

Norfolk's Cancer Charity

Since 1980

