



Why should I visit the dentist regularly?

Your teeth are an extremely important part of your body. Apart from helping you to chew your food, your teeth contribute towards your overall appearance, therefore, it is important to take care of them so that they can last you a lifetime.

Most dental problems don't become painful until they reach a very advanced stage. Visiting the dentist on a regular basis enables us to identify areas of potential risk much earlier. Early detection of an infection, gum disease or tooth decay can save you having extensive treatment later on. Early treatment generally costs a lot less as well. If left untreated, dental problems can get worse and you may lose a tooth that could otherwise have been saved.

Our dentists aren't just checking the health of your teeth. At every examination we also carry out oral cancer screening, looking for red or white patches or mouth sores inside your mouth. We also feel the tissues in your mouth and jaw to check for lumps or other abnormalities. Research shows early oral cancer diagnosis can improve survival chances from just half of cases to more than 90%.

Your oral health may also be linked to your general well-being. There have been many studies over the last few years showing close links between oral health and general health. For example, in some cases, gum disease is thought to be related to medical conditions such as heart disease, lung disease, strokes, diabetes and even bowel

cancer. Emerging research suggests that there may be links between oral health and Alzheimer's too. With developments such as these, visits to the dentist could potentially be taking care of your general well-being, as well as your dental health.

We look forward to seeing you at your next check up, so we can help you maintain your dental and general health.

Follow us on Facebook or Twitter for news, tips and special offers



Q. What is a dentist's favourite musical instrument?

A. A tuba toothpaste 😊

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 2016.

Name:

Contact Tel:

OHP 7/2015

Do you clean all five sides of your teeth?

With the toothbrush you clean the front, back and biting surface of the tooth, but it is easy to forget that the tooth has two more sides – between the teeth. The most common oral diseases start between the teeth, so by daily interdental cleaning, both gum disease and tooth decay can be successfully prevented.

Interdental cleaning is the removal of plaque and impacted food from between the teeth, which your normal toothbrush cannot reach. Floss and interdental brushes are both good ways of removing plaque, although many people find interdental brushes easier to use. Whichever method is chosen, interdental cleaning should be carried out at least once a day.

TePe Interdental Brushes are the brand most recommended by our dental professionals and are available to buy at reception. For extra protection and a smoother feeling, you can use interdental brushes together with TePe Gingival Gel, which gives both antibacterial and fluoride protection, for healthier teeth and gums.

