



## *Do you know how much sugar is in your daily diet?*

There has been an increased focus on sugar recently, with the government planning to bring in a new sugar tax on soft drinks in an attempt to reduce the growing amount of health problems like obesity, diabetes and tooth decay.

When it comes to healthy teeth, the essential thing to remember is that, it is not the amount of sugar in the diet, but *how often* it is consumed which is important.

But how often are we eating or drinking sugar? Well, you may be surprised to find out how much sugar is in your routine daily diet.

Sugar is added to all sorts of foods and drinks to make them taste better or to preserve their flavour.

But it's not just found in products you'd expect, such as cakes, biscuits and fizzy drinks. You'll also find it in everyday foods like baked beans, soups, bread, crisps and cereal. Almost all salad dressings, sauces and tomato-based products will contain sugar, so make sure you check the label.

When checking product labels, it's worth remembering that sugar goes by many different names, such as; sucrose, glucose, fructose, lactose, dextrose, maltose, barley malt, honey, molasses or corn syrup - which means that it can be tricky to spot.

If you have a smart phone you can download the free Change4Life Sugar Smart app, which is

designed to show how much sugar is in the food and drink you're consuming. Simply scan the barcode on the packaging to see how much sugar is in the product.

Overall, eating and drinking healthily is all about balance. The best way to avoid tooth decay, and other potential health issues, is to eliminate sugar from your routine daily diet, and only consume sugar on special occasions.

If you have concerns about tooth decay or sugar in your daily diet, please speak to a member of the practice team for further advice.

Q. Why did the pie go to the dentist?

A. Because it needed a filling 😊

## *PlaqSearch for better plaque control*

To keep gums and teeth healthy it is important to regularly remove plaque through toothbrushing and interdental cleaning. But plaque is difficult to see, so how can you tell if cleaning is effective enough?

Using a disclosing tablet which colours the plaque is a quick and easy self-check method to show where you need to brush better.



The great advantage of TePe PlaqSearch is the two-tone effect. New plaque is coloured red, while plaque older than 12 hours is coloured blue, which makes it obvious where brushing is repeatedly missed.

PlaqSearch is now available from reception - please feel free to ask a member of the practice team for information about any of our oral healthcare products.

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## *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 31<sup>st</sup> July 2017.

Name:

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