

The Groves Newsletter

Whiter Teeth!

Have your teeth whitened and take advantage of our special offer for a **free electric tooth brush worth £60.**

You could have whiter teeth in a matter of weeks using a home whitening kit available only from your dentist

Seeing Red

Do your gums bleed when you brush? Turn to Page 5 to find out why.



Denplan- What's stopping you from joining?

Spread the cost of your regular preventive dental care with monthly payments. With our **Denplan Essentials** plan, the cost of your check ups, X-rays and hygiene treatment is evenly spread throughout the year in monthly payments, allowing you to budget for your oral health.

Supplementary insurance from Denplan will help cover you for any emergency dental treatment at any time of the day or night and will provide cover towards the cost of treatment required as a result of a dental injury or dental emergency. You will also receive a reduction in fees for any treatments you need such as fillings, crowns or some cosmetic work. Ask at the reception now!

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London to Paris

Groves dentist Richard Armah describes his two wheeled pedal-powered odyssey to Paris in aid of diabetes research

I would like to thank all of those who kindly donated to the very worthy cause, Diabetes UK. We raised £221.57 at the Groves and a total of £3500 on the official website.

As you may know, I completed the London to Paris cycle ride along with 7 friends on Sat 18th June. After a delayed start and incessant rain whilst cycling the 65 miles to Newhaven on June 15th, we took the ferry to Dieppe on the morning of the 16th

The first day of cycling was by far the trickiest and took 6 hours. I have to say the French were a lot more cycle friendly on the roads however and the sun even shone for our second day which was more enjoyable!

We stopped in Neufchatel-en-bray the second night and plundered on to a very small town called Haillancourt for our final night before reaching Paris. We had no major injuries, just a few scrapes and minor falls but after 280 km of cycling, we had the Eiffel Tower in our sights. It was an unforgettable and at times difficult ride with the weather conditions, hills and even a forest trek looking for our third night's accommodation!

The winners of the raffle who each win a top of the range electric toothbrush are

*Geoffrey Cole.... And...
Laura Cahn*

Many congratulations and thank you all once again for all of your kind support.

Dr Richard Armah





Pearly Whites

Tooth whitening at a glance

Tooth whitening can be a highly effective way of lightening the natural colour of your teeth without removing any of the tooth surface. Everyone is different and just as our hair and skin colour vary, so do our teeth. Very few people have brilliant-white teeth, and our teeth can also become more discoloured as we get older. Your teeth can also be stained on the surface through food and drinks such as tea, coffee, red wine and blackcurrant. Smoking can also stain teeth.

The total treatment can usually be done within three weeks. First, you will need two visits to the dentist. Your dentist will need to make a mouthguard and will take impressions for this at the first appointment. Once your dentist has started the treatment, you will need to continue the treatment at home. This means regularly applying the whitening product over about two weeks, although satisfactory results can be achieved in as little as one week.



We Recommend.....

Tooth whitening toothpastes during and after having tooth whitening

There are several whitening toothpastes on the market. Although they do not affect the natural colour of your teeth, they may be effective at removing staining and therefore may improve the overall appearance of your teeth. Whitening toothpaste may also help the effect last, once your teeth have been professionally whitened.

'Would you like to book an appointment with our hygienist?'

What do hygienists do?

Dental hygienists are specially trained to work with the dentist in giving care to patients. They play an important role in dental health care and are mainly concerned with gum health, showing people correct home care and applying preventive materials to the teeth and gums.



Why is this important?

A clean and healthy mouth will improve your appearance, help you to keep your teeth and give you fresh breath. Carefully removing the deposits that build up on the teeth (tartar) and teaching you how to prevent it reforming again, will go a long way to slowing the progress of gum disease. By discussing your diet, and recommending other preventive measures, your tooth decay can also be slowed down. Regular visits and advice will help build your confidence in maintaining your oral health and achieving a healthy mouth. Another very important part of the hygienist's work is giving regular instruction and

advice on home care. The hygienist may also suggest giving up smoking, as this will reduce staining. Recent

research has also shown that smokers have more gum disease and lose more teeth than non-smokers. Your hygienist will be able to advise you on various ways of giving up smoking.

What can I do at home to help?

You can do a great deal to help yourself and the hygienist, as you are in control of your mouth between visits to the practice.

Your hygienist will have shown you how to remove plaque with a toothbrush and fluoride toothpaste. You will also have been shown how to clean between your teeth with floss, tape or little brushes. There are many oral care products now available including specialist

toothpastes, powered toothbrushes and mouthwashes. Your hygienist will recommend those that are best for you.

We recommend you follow **three simple steps to help keep your teeth and gums healthy:**

What are they?

- brush your teeth twice a day with fluoride toothpaste
- cut down on how often you have sugary snacks and drinks
- visit your dentist regularly, as often as they recommend.

GUM DISEASE

WHAT YOU NEED TO KNOW.

Gum disease describes swelling, soreness or infection of the tissues supporting the teeth. There are two main forms of gum disease: gingivitis and periodontal disease.

Gingivitis means inflammation of the gums. This is when the gums around the teeth become very red and swollen. Often the swollen gums bleed when they are brushed during cleaning.

Long-standing gingivitis can turn into **periodontal disease**. There are a number of types of periodontal disease and they all affect the tissues supporting the teeth. As the disease gets worse the bone anchoring the teeth in the jaw is lost, **making the teeth loose**. If this is not treated, the teeth may eventually fall out. In fact, more teeth are lost through periodontal disease than through tooth decay. All gum disease is caused by plaque. Plaque is a film of bacteria, which forms on the surface of the teeth and gums every day. Many of the bacteria in plaque are completely harmless, but there are some that have been shown to be the main cause of gum disease. To prevent and treat gum disease, you need to make sure you remove all the plaque from your teeth every day. This is done by brushing and flossing.

Smoking can also make gum disease worse. Patients who smoke are more likely to produce bacterial plaque, which leads to gum disease. The gums are affected because smoking causes a lack of oxygen in the bloodstream, so the infected gums fail to heal. Smoking causes people to have more dental plaque and for gum disease to progress more rapidly than in non-smokers. Gum disease still remains the most common cause of tooth loss in adults.

Unfortunately, **gum disease progresses painlessly** on the whole so that you do not notice the damage it is doing. However, the bacteria are sometimes more active and this

makes your gums sore. (Please see the **diagram** on the bottom, opposite page) This can lead to gum abscesses, and pus may ooze from around the teeth. The first sign is **blood** on the toothbrush or in the rinsing water when you clean your teeth. Your gums may also bleed when you are eating, leaving a **bad taste** in your mouth. Your breath may also become unpleasant. Over a number of years, the bone supporting the teeth can be lost. If the disease is left untreated for a long time, treatment can become more difficult. The first thing to do is visit your dentist for a thorough check-up of your teeth and gums. The dentist can measure the 'cuff' of gum around each tooth to see if there is any sign that periodontal disease has started. **X-rays** may also be needed to see the amount of bone that has been lost. This assessment is very important, so the correct treatment can be prescribed for you. Your **hygienist** will clean your teeth thoroughly to remove the scale. You'll also be shown how to remove plaque successfully yourself, cleaning all surfaces of your teeth thoroughly and effectively. This may take a number of sessions with the hygienist. Once your teeth are clean, your hygienist may decide to carry out further cleaning of the roots of the teeth, to make sure that the last pockets of bacteria are removed. This is known as root planing. You'll probably need the treatment area to be numbed before anything is done. Afterwards, you may feel some discomfort for up to 48 hours. The periodontal diseases are never cured. But it can be controlled, as long as you keep up the **home care** you have been taught. Any further loss of bone will be very slow and it may stop altogether. However, you must make sure you remove plaque every day, and go for regular check ups by the dentist and hygienist. *If you have any questions or concerns about your gums, please do speak to your dentist or*

KNOW YOUR TEPE BRUSHES

Perfect for cleaning in between teeth and under bridges, crowns and implants!
We sell a pack of six at £3.00 at the reception desk. Ask your hygienist for advice.

One of TePe's best-sellers, the TePe Interdental brush, has the following characteristics:

- + Ergonomic handle offers comfortable grip and good cleaning control.
- + Plastic coated wire to make sure the stem does not scratch tooth surfaces or implant posts.
- + Brush and handle in one piece.
- + Eight colour-coded sizes make identification easy.
- + Handle and packet are made of environmentally-friendly polypropylene plastic.

Ordinary pack, all sizes: eight id-brushes and one plastic cap. Blister pack, from size pink to purple: six id-brushes and one plastic cap.

The cap can be used to protect the brush, if carried in your pocket or bag, and also to extend the handle. There is no cap in the pack of the grey brush 1.3 mm as the bristles are too long.

