

new smile

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Dr Adrian Mullish BDS

Practice News

Welcome to our third newsletter. What a busy summer it's been. You may have noticed that I was away from the practice for a week on an advanced dental implant training course under the auspices of Harvard University in Boston. It was a fantastic opportunity to learn about the latest dental implant techniques alongside a group of dentists from as far away as Brazil, Taiwan and Mumbai. Boston is a lovely city, although there was not much time for sight-seeing.

Dental implants are truly amazing. They are the best replacement for missing teeth and patients can avoid having to wear dentures. They look and feel just like natural teeth.

I would like to introduce our new hygienist, Smita Mistry. Smita is a very experienced and dedicated professional and is a great asset to our practice.

We're experiencing an influx of new patients from the West End. Word has gone out that you don't have to go to Harley Street to get high quality dentistry.

We are always happy to welcome new patients to our practice so please feel free to refer your friends and relatives to us.

We look forward to seeing you soon.

Adrian, Wendy, Smita and Agi.



The beauty of White Fillings

Most people have fillings of one sort or another in their mouths.

For over 150 years standard fillings have been made out of a silvery-grey material called 'amalgam'. This is still one of the most long-lasting and strongest materials available for fillings. However, being dark, many people find it unsightly and don't like the appearance of obviously filled teeth.

White 'composite' fillings are tooth coloured, therefore virtually invisible, and they do not contain mercury.

Many people decide to switch to white fillings when old amalgams

need replacing due to wear and tear. However, some people also decide to change them for aesthetic reasons because they are not happy showing silver fillings when they laugh or smile.

White fillings are becoming increasingly popular. Nowadays, because they are available in a wide range of shades and degrees of translucency, it is much easier to find a perfect match for the shade of a particular tooth and,

in most cases, it is quite impossible to see that the tooth even has a filling.

The result is a brighter, more youthful natural looking smile.

“a brighter, more youthful looking smile”

 Smile...

If you can't lift the corners, let the middle sag!

Mouth Cancer Awareness Week

12 - 18 NOVEMBER 2006

Mouth Cancer Awareness Week is organised by The Mouth Cancer Foundation, a charity which offers support and education, and co-ordinates fund raising events such as the Mouth Cancer Walk [Hyde Park, London, 19 November].

Mouth cancer can affect the lips, tongue, cheeks and throat. There are 4,400 new cases and 1,700 deaths every year in the UK. Survival chances are much improved with early detection, so it is important to be aware of the symptoms. The first sign is often a non-healing mouth ulcer or a red or white patch in the mouth. If you have a mouth ulcer that hasn't healed after three weeks, or you notice any unusual changes in your mouth you should visit us as soon as possible for an examination. If diagnosed early it can respond well to treatment and the

chances of a complete cure are good - a visit to the dentist could save your life. This is why regular dental check-ups are so important. Mouth cancer is most common in people over 40 who smoke or drink alcohol, and is twice as likely to affect men as women. However, the number of young people and women developing the condition has been increasing in recent years.

You can cut your risk of developing mouth cancer by living a healthy lifestyle:

- Visit your dentist at least once a year [even if you wear dentures] especially if you smoke and drink alcohol.
- When brushing your teeth, look for any changes in your mouth, and report any red or white patches, or ulcers, that have not healed within two weeks.
- In the sun, be sure to use a good protective sun cream, along with a barrier cream on your lips.
- A good diet, including plenty of fruit and vegetables, rich in vitamins A, C & E, helps protect against the development of most cancers, including mouth cancer.
- Cut down on smoking and drinking.

www.mouthcancerfoundation.org

Sugar free lollipops

Continually sucking on sweets and lollipops containing high levels of sugar is very bad for your teeth as it is like bathing them in sugar. Many companies are now looking into producing sugar-free alternatives.

The new Chupa Chups Cremosa lollipop contains the sugar-substitute, Isomalt, and is actually good for the teeth as it increases the flow of saliva and reverses the early stages of tooth decay. The Cremosa will carry the British Dental Health Foundation 'approved' logo in Britain and the International Health Foundation 'approved' logo overseas.



Protecting your teeth during sport

It is important to wear a professionally made mouthguard whenever you play sport that involves physical contact or moving objects. This includes: cricket, hockey and football – which can cause broken and damaged teeth; and American football, boxing and rugby – which can all cause broken or dislocated jaws.

A mouthguard is a specially made moulded vinyl cover which fits exactly over the teeth and gums, cushioning them and protecting them from damage. It is made by taking an accurate impression of your mouth and making the mouthguard fit your own teeth.

There are many colours to choose from including striped, multi-coloured and clear. Many people now have mouthguards made in their favourite team's colours or to match their own sports strip.

Children who are still growing will have new teeth coming through so positioning will change and their mouthguard will need replacing fairly regularly. Adults may not need to replace theirs so often but, as with other sports equipment, mouthguards will suffer from wear and tear. If you already have a mouthguard we recommend that you bring it to your next check-up, so we can make sure it fits properly.

A little known fact...

During the Middle Ages in Germany, you would have been advised to kiss a donkey in order to relieve your toothache.



Thank You



If you like what we do please continue to tell people, our practice grows by personal recommendation.