

**1. Get 'in-ter' interdental brushing**

Cleaning in between our teeth, using interdental brushes, dental floss, water or air flossers, loosens bacteria and food debris. This allows brushing to be much more successful at removing plaque. Those of us who interdentally clean before brushing are left with a much cleaner mouth than those who do so afterwards.

A study by the Oral Health Foundation found that a quarter of us admit to lying to our dentist about our flossing habits!

**2. Be a top brusher**

Brushing for two minutes last thing at night and at one other time during the day with fluoride toothpaste is key to maintaining good oral health. Daily brushing is important because it removes plaque. If plaque isn't removed, it continues to build up, feeding on the bits of food left behind

and causing tooth decay and gum disease.

**3. Spit it out - but don't rinse!**

After brushing, we should spit out the toothpaste. Don't be tempted to rinse because this washes away the fluoride, which continues to help protect the teeth.

**4. Don't be a dummy with diet**

Diet can play a big part in our oral health. Eating sugary foods and drinking fizzy drinks both damage our teeth and leave

them vulnerable to erosion and decay. Avoid snacking as this leads to more acid attacks on our teeth. Instead, keep sugar consumption to meal times only. If we do really need a snack, then stick to savoury snacks such as nuts or cheese.

**5. Don't skip seeing your dentist**

Despite the clear benefits of regular dental visits, as many as 27% only visit the dentist when they have a problem. By having regular appointments, your dentist and hygienist can help us maintain a healthy mouth and keep oral disease at bay.

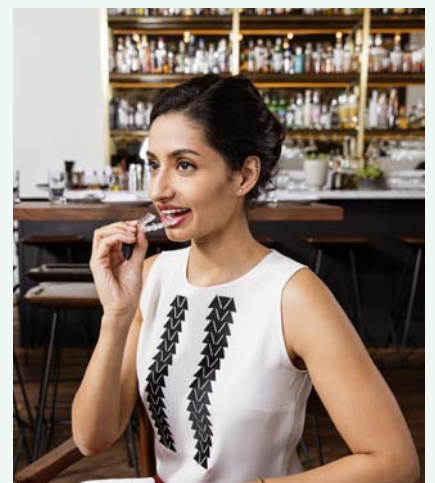
**See our award-winning clinician**

Our award-winning specialist orthodontist is delighted to offer **FREE initial consultations** for Invisalign clear braces.

Matt Clare has been transforming smiles with Invisalign for many years. He is recognised internationally and nationally for his smile makeovers with Invisalign and has been awarded Invisalign Platinum Provider status in recognition of his experience and expertise in treating complex cases.

We are offering **FREE whitening worth £367.50** for everyone who takes up Invisalign treatment following their free consultation with Matt. Finance options are available. Whitening will be carried out at the end of your treatment.

Free consultations are available in April, May and June 2019. Call us now to book yours!



**Spring whitening**



**Tooth whitening was £367.50 now £260! Treatment to be booked before 30.6.19 Call us now to arrange!**

# Spotlight on - *SMILING!*

Our teeth have such an important role to play in our lives. They help us chew and digest food, they help us to talk and speak clearly and they also give our face shape.

A smile also has other day-to-day benefits. It can give us greater confidence, as well as influence our social lives, careers and relationships.

Because of this, it only makes sense to give our oral health the best care possible.

National Smile Month takes place between May 13 and June 13. It is our chance to take a look at our oral health, learn more about why a healthy smile is so important and share tips on how to improve and maintain it.

A healthy smile can truly transform our visual appearance, the positivity of our mind-set, as well as improving the health of our mouth and our body too.

By brushing our teeth twice daily, maintaining a low-sugar diet and regularly visiting dental professionals, we can help reduce the risk of such diseases like dental

decay and gum disease – both of which can result in tooth loss.

Research has found that the number of teeth we have is a strongly linked to how long we will live. Those with 20 teeth or more at the age of 70 have a considerably higher chance of living longer than those with fewer than 20 teeth.

Tooth loss through dental decay and gum disease are almost entirely preventable and there's no reason why, with a good daily oral health routine, we cannot keep our teeth for life.

## Reducing the risk of disease

When we have gum disease, the bacteria from our mouth can get into the bloodstream. It then produces a protein which causes the blood to thicken. This means that clots are more likely to form, and the heart is not getting the nutrients and oxygen it needs, resulting in increased



risk of a heart attack.

Similarly, gum disease can also cause inflammation of the blood vessels, blocking the blood supply to the brain, leading to a potential stroke.

New research has also shown that we are more likely to develop diabetes if we have gum disease.

## Reducing the risk of cancer and dementia

By keeping our teeth and gums healthy we are more likely to reduce our risk of certain cancers, particularly in women, as well as some forms of dementia.

## Harnessing the power of super berries!

A handful of dark-coloured berries may lower the risk of tooth decay. Scientists have found that nutrients in cranberries and blueberries can be highly effective in protecting our teeth against a strand of bacteria responsible for accelerating tooth decay.

These natural compounds, known as polyphenols, help fend off harmful bacteria in the mouth.

The study supports previous research by suggesting these are good for oral health by preventing 'bad bacteria' from sticking to the teeth and gums. This could help reduce tooth decay, plaque and gum disease.

Chief Executive of the Oral Health Foundation, Dr Nigel Carter OBE, believes polyphenols could eventually lead to new oral care products too.

Dr Carter says: "The nutrients and fibre in fruit are vital for our health and wellbeing. They help protect us against heart disease and cancer, as well as a range of other diseases.

"Cranberries seem especially good for our oral health, as their polyphenols stick around in our saliva and will continue to help our mouth, even after we've swallowed them."

Dark-coloured berries are among the best dietary source of antioxidants. They provide a good supply of water and fibre, as well as other nutrients. However, along with other fruit, they may also contain natural sugar.

The recommended daily allowance of sugar for an adult is 90 grams or 22.5 teaspoons per day. One portion of cranberries contains 4g of natural sugar, while a serving of blueberries is nearly 10g.

## Practice news

### ☐ Welcome Laura

Thank you for your patience regarding hygiene availability. We are delighted to welcome new hygienist, Laura who will be working Mondays from the end of April.

### ☐ We are listening!

Your voice matters to us, so please fill out one of our suggestion forms situated in the waiting area, so we can do what we can to make your visits as pleasant as possible.

We now have a mirror in reception and comics for children thanks to your suggestions and we are looking into the possibility of a bicycle rack.

### ☐ Free consultation

If you've ever wondered what could be done to improve your smile then please ask for a FREE cosmetic consultation. There are lots of solutions to suit all budgets. All options are presented allowing you to make an informed choice.

## Drayton Dental

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01603 860885

### Opening hours

Monday:	8.30 am - 5.00 pm
Tuesday:	8.45 am - 5.00 pm
Wednesday:	8.45 am - 5.00 pm
Thursday:	8.45 am - 5.00 pm
Friday:	8.45 am - 5.00 pm

info@draytondental.co.uk  
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