

Let's put our health first

Autumn 2020

If this year has taught us anything, it's just how important our health is.

The better our health, the more resilient we are at fighting viruses and illnesses and making a swift recovery. It appears to be those with underlying health conditions, such as diabetes, people struggling to manage their weight and older people, who have been hardest hit by coronavirus, sometimes with tragic consequences.

Links have also been found between the virus and our oral health. In her article published in the British Dental Journal, Dr V. Samsoon presented her research on the link between poor oral health and severe complications from Covid-19.

Even though Covid-19 is a viral infection it is the presence of pathogenic bacteria (bad bacteria that cause disease) that is associated with severe complications with the virus, like pneumonia and acute respiratory syndrome.

Healthy bacteria in our mouths

Our mouths include a healthy amount of bacteria, called microbiome, which normally can be exchanged between our mouth and our lungs. When we have poor oral health, pathogenic bacteria start to accumulate in our mouths and destroy that healthy

balance. These bacteria can also be breathed into our lungs.

One way these bacteria make us more vulnerable is by increasing our susceptibility to viral infections.

Also, patients with periodontal disease - a severe form of gum disease - have a three times higher risk of developing

diabetes, 20% increased risk of developing hypertension and 25% increased risk of developing cardiovascular disease.

We found many of the emergency patients we treated earlier in the year had not been to see us for more than 12 months.

Please don't neglect your oral health - it's just as important as your general health.

Downstairs surgery is now open!



We are delighted our new ground floor surgery is now open - more photos on our website! One of our patients was so pleased she said: "I've been coming here for over 30 years and the stairs have been

getting worse and worse because of my age. So, it's been lovely to come here today and find a downstairs surgery."

Please share this news with anyone you know who has mobility difficulties.

Spotlight: seeing your smile on Zoom

Are you taking a fresh look at your teeth during our new Zoom age? Zoom's popularity has skyrocketed recently and we've all had to get used to seeing ourselves online.

Most of us are not used to seeing so much of ourselves chatting, laughing or snacking - and this has led people to reconsider how they feel about their teeth.

Before Covid, patients would sometimes say they hated having their photo taken or always smiled with their mouths closed. Now, it's more about hating looking at ourselves on screens.

You'll be amazed at the affordable solutions we offer - some of which can be completed in a single appointment, such as composite bonding to restore whiteness, close gaps, repair chips or correct twists.

Spotlessly clean, shiny teeth always look great, so consider booking a hygiene appointment for adding a deep cleaned brightness to your smile.

Whitening is one of the most cost effective ways to give your smile a boost and if you're considering straightening your teeth, we can help with that too!

There are lots of different ways in which we can give your smile a boost - just ask your dentist what can be done in your



budget and let us help create a smile you are proud to show off.

You may have saved money during lockdown or by staying in the UK rather than holidaying abroad. We have affordable options, payment solutions and finance to help spread the cost should you wish to improve your smile. **Call now for details.**

Keeping your mouth in the pink

Looking after our health is more important than ever - and our gums provide a good indication of our general health. After all, healthy gums reflect a healthy body.



can do to keep your teeth and mouth healthy.

Use interdental brushes to clean between your teeth and loosen any trapped food before you brush. Brush last thing at night and at one other time during the day.

Research has found that serious gum disease is linked to medical conditions, such as arthritis, heart disease, bacterial lung infections, dementia, strokes and diabetes, among others.

A staggering 80 per cent of us suffer from gum disease at some point in our lives but with good dental care the risks can be easily controlled.

What can I do?

Brushing twice a day for about two minutes with fluoride toothpaste is the best thing you

Visit us as frequently as we recommend. We use our teeth every day, so we think two dental visits a year to ensure they are disease free, plaque free, clean and strong to last us our entire lifetime, is not too much to ask.

Well serviced mouths require less invasive treatment in the long term, which reduces the overall cost to you, lost work time, and potential pain and discomfort. **So, call us now to book your dental health review.**

Drayton Dental

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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

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Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

Practice news

Putting safety first

We take the health of our staff and patients very seriously.

We have the latest PPE, we employ extra machines to collect and disinfect the expelled air from our patients' mouths and we have installed air purifiers. For your interest, pictured below is the test certificate demonstrating 99.9% virus killing ability for our air purifiers.

Your safety continues to be our prime concern. Please don't arrive early for your appointment. For everyone's protection, numbers in the practice are strictly limited.

If you have any questions or are worried about visiting, please give us a ring and April will answer your queries. Thank you for trusting us with your smile.

Summary of Results:				
	Test Parameter			
	Mould	Fungus	Bacteria	Virus
	<i>Aspergillus niger</i> (ATCC 6275)	<i>Penicillium citrinum</i> (ATCC 9849)	<i>Escherichia coli</i> (ATCC 11229)	<i>Coliphage phi174</i> (Item # 124425)
Filter w/ UV Reduction	99.9%	99.9%	99.9%	99.9%
UV only Reduction	95%	92%	94%	94%

Test Performed by:

Nicholas Unger
Nicholas Unger
Project Engineer
Columbus Office

Report Approved by:

Lee Moonaw
Lee Moonaw
Project Engineer
Columbus Office