

Smiling gives us strength

Autumn 2021

It has been another difficult year but smiling is one thing in our armoury that helps to keep us going through hard times.

A smile spurs a powerful chemical reaction in our brain that can make us feel happier.

It not only makes us feel better - by releasing happy and stress busting hormones into our bodies - it also generates positive responses in others.

Most often, if we smile at another person, they will smile back - even our dogs and cats respond to the gesture. And you don't even have to fully 'mean' your smile either, just the act of smiling tricks our bodies into releasing hormones and improving our mood.

Although we may not always feel like it, when we smile our brains release tiny molecules called neuropeptides to help fight off stress. Then other neurotransmitters like dopamine, serotonin and endorphins come into play. Endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant.

Are you happy to smile?

It makes sense to wear our smiles every day and we are more likely to do so if we feel confident with how our smile looks.

The gift of a smile

Giving yourself or a loved one the gift of a smile is a lovely thing. We have lots of treatments available from hygiene and air polishing to clean, freshen and add sparkle, to composite bonding, tooth

coloured fillings, tooth whitening and teeth straightening. We also have vouchers available for gifting - just ask at reception.

A smile never goes out of fashion and makes us and others feel good. What better gift could there be?

Award-winning smiles right here!

We are SO proud of our specialist orthodontist Matt Clare, who has just won another amazing award for his Invisalign transformations!

Matt was crowned Aesthetic Dentistry's Orthodontics Invisalign winner - South at the ceremony last month, beating London and Harley Street practices. Well done Matt!

Interested in Invisalign virtually invisible braces? Book your **FREE consultation now!**



Before



After

Spotlight: dental care for older people

As we get older, it can become more difficult to look after our teeth. But it is actually more important than ever to keep on top of our oral health in our autumn years - and we can help.

Am I certain to lose my teeth?

No. With the right home care and help from our dental team, it is possible to keep your teeth for life. Gum disease and tooth decay can be prevented whatever your age.

What problems may I face?

Our gums may shrink back as we get older, and our teeth may become more sensitive as a result. We can show you the best brushing methods to keep any gum problems under control and may suggest a mouthwash to deal with the sensitivity.

We may find it more difficult to clean our teeth properly if we have problems with our hands or arms, or if our eyesight is poor. A magnifying mirror and a good light are often helpful.

If you have lost some teeth in the past and have bridges, dentures or implants, you may have particular cleaning needs. Please ask us for advice as we can help.

Some people take regular medication which makes their mouth dry. Saliva helps to protect your teeth against decay, so if you have less saliva than usual ask for advice. You can buy special products, including artificial saliva, in most



pharmacies without a prescription.

What do I need to clean my teeth properly?

You need a small-headed, soft to medium-textured toothbrush and a fluoride toothpaste. To help clean between your teeth you could use an interdental brush, floss or tape. If you have arthritis you may find it difficult to grip a toothbrush handle, but you can get handle adapters.

Electric toothbrushes are also ideal for people with limited movement. The handles are thicker and easier to hold and the oscillating head does most of the work. If you have any questions, please ask and we will do all we can to help.

Raising awareness of mouth cancer

Almost nine in ten (86%) British adults have now heard of mouth cancer, which is fantastic and means the message is getting out there.

However, awareness about the symptoms, signs and risk factors remains low.

Long lasting ulcers, red or white patches and unusual lumps and bumps are three common warning signs of mouth cancer. A simple check takes only 45 seconds and could be life-saving, which is why regular dental visits are so important.

Attending appointments as often as we recommend makes it more likely that any problems will be caught as early as possible,



including mouth cancer. The earlier a problem is caught, the easier it tends to be to tackle. Mouth cancer is no exception. The smaller the affected area, the better the chances

are of a full recovery. The ten-year survival rate is between 18% and 57%, depending on where the cancer strikes and how early it is diagnosed. So, if in doubt, get checked out!

The everyday choices we make can also affect our chances of developing mouth cancer. Smoking cigarettes significantly increases our risk of developing the disease, and the combination of smoking and drinking alcohol to excess is especially risky. For more information visit www.mouthcancer.org.

Practice news

☐ Keeping you safe

Although Covid restrictions have become relaxed across the country, the rules for dentistry have not changed – please bear with us while our Covid protocols remain in place.

☐ Polite reminder

A reminder for all patients who are attending for an appointment that we must have the medical history and Covid screening questions completed on the portal – it's extremely important that we have this information to be able to see you.

☐ Good luck Sophia

Good luck to our trainee nurse Sophia, who has her first dental nurse exam in November!

☐ Eyes peeled...

Watch this space for an exciting Invisalign development within the practice...

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.

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Opening hours
Monday: 8.30 am - 5.00 pm
Tuesday: 8.30 am - 5.00 pm
Wednesday: 8.45 am - 5.00 pm
Thursday: 8.30 am - 5.00 pm
Friday: 8.45 am - 5.00 pm
Saturday: twice a month for hygiene

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