

## Missing teeth? We can help!

These days, losing a tooth does not mean that you have to cope with a permanent gap in your teeth, or start wearing dentures – for an increasing number of patients, dental implants are the answer.

An implant is a replacement tooth root, which allows a false tooth to be anchored permanently into the jaw, just like a real tooth. Dental implants look and feel very natural.

Implants can be used to replace one or more individual teeth. Alternatively, implants can be used to hold dentures firmly in place, allowing you to eat and talk more comfortably.

If you are interested in finding out more, Simon is the ideal person to ask. He is highly skilled and experienced in placing implants and will be happy to answer any questions you may have to decide if dental implants are right for you.



## Grinding and clenching

You may find that you clench or grind your teeth, although most people who do aren't aware of it. Sometimes this can be caused by anxiety, or you may do it when concentrating on a task. It can also happen when you are asleep and you wake up with a stiff jaw or tenderness when you bite.

We are seeing increasing numbers of cases of tooth wear caused by grinding and clenching. The good news is that Simon can treat patients suffering these problems. Please let us know if you would like more information.

## White fillings

White fillings are far more popular these days than the traditional grey amalgam fillings, and for good reason.

Of course, most of our patients prefer them because, unlike the grey ones, they look completely natural – no-one will be able to tell you have them.

We also prefer them to amalgam for several other reasons. Firstly the filling material sticks to the tooth, giving it a better seal than we can achieve with amalgam. This means it is less likely to become loose and need replacing, and it makes the tooth stronger. It also means that we do not have to drill such a big hole as we would for a metal filling, enabling us to conserve more of your natural tooth.

There are times when white filling material is not suitable for a cavity, usually when there are large holes in the tooth and a lot of the natural tooth is missing. In these situations, we usually recommend placing a porcelain or gold inlay, onlay or a crown, depending on the amount of damage to the tooth. We will of course discuss with you which is best suited to you and your needs, so you can make an informed decision.

**If you have any questions about the treatments we offer, please do ask, we'll be happy to help.**

If you or anyone you know would welcome the friendly approach to dentistry provided by the experienced and skilled team here at Battersea Dental Care please ask them to contact us to arrange an appointment.



# Word of Mouth

## The 2010 Royal Parks Half Marathon

Well done to Simon for completing the Royal Parks Half Marathon and helping to raise nearly £400 for the charity Help A London Child.

Simon has had some sporting achievements in the past; having represented London in gymnastics at junior level, and more recently obtaining instructor status and third degree black belt in Tae Kwon Do (a Korean form of martial arts). However running is a sport newer to him, and Simon hopes to graduate to the full marathon in due course.



*Have you ever wondered why people put so much importance on the way your smile looks? Does it really make a difference if your teeth look great?*

*Yes it does! If we are self-conscious about the way our teeth look, it makes us less likely to want to smile – we might control our smile by keeping our lips closed, or hide it behind our hands. If we know it looks great, however, we are much more likely to want to show it off!*

## **How important is your smile?**



Smiling is important from a social perspective. A smile helps to create a positive first impression and makes you seem more attractive. Author Dale Carnegie, who wrote “How to Win Friends and Influence People”, devoted the first chapter to the smile, calling it “the big secret of dealing with people”.

Smiling is contagious – if you smile at someone it improves their mood, and usually makes them smile back in response. It’s very difficult not to like someone who makes you feel good enough to smile.

Researchers have also found that just the physical act of smiling can boost your mood. It releases endorphins (a natural pain-reliever) and serotonin, often referred to as a happy hormone. Even if it’s not a real smile, the muscle movement can fool your body into producing these substances, making you feel better!

We have a strong focus on helping you to keep your smile healthy and we really enjoy helping our patients to get the most from their smile. If you would like to find out more about our smile enhancing treatments, please ask, we’ll be happy to help.



## **Tooth loss linked to memory decline**

**If you want to keep your memory working well in later years, look after your teeth and gums.**

A new study carried out in an American university has shown that people with fewer teeth scored lower in memory tests than people with more teeth. They also showed a quicker decline in memory over the years.

The biggest cause of tooth loss among adults in the UK is gum disease. Early signs of this common condition can include sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss.

**Gum disease** can be avoided or controlled by following a good daily oral healthcare routine. This includes brushing your teeth twice a day, especially at bedtime, and cleaning between the teeth and under the gumline.

**Hygiene appointments** play a key role in combating the disease. During your appointment we remove any plaque – a constantly forming, sticky layer of bacteria that irritates your gums and leads to infection. We also polish your teeth, making it more difficult for the plaque to stick to them.

It is important to visit us for **regular dental check-up examinations** so we can keep a close eye on what is happening in your mouth and treat any issues at an early stage.

## **Are you too busy... ...to clean your teeth?**

**A third of adults in the UK do not brush their teeth for long enough because they get distracted or are too busy, according to a new survey.**

Running late or rushing to get ready are the main reasons why so many people cut their tooth-brushing time short, followed by getting distracted by children or phones.

The survey, carried out by the British Dental Health Foundation, found that women were more likely to be distracted from brushing their teeth than men, while people aged over 60 were most likely to brush their teeth for the recommended two minutes.

Skimping on the amount of time you spend brushing means that you do not clean your teeth adequately, which can lead to tooth decay or gum disease.

The Foundation’s Chief Executive Nigel Carter said: “Everyday care is vital... your toothbrush is one of the best weapons against decay and gum disease.”

The Foundation recommends that everyone should brush their teeth for two minutes twice a day, especially at bedtime, using fluoride toothpaste.

### **Fact**

Nineteenth century false teeth were so prone to falling out while eating that many Victorians ate in their bedrooms before dinner to avoid potential embarrassment!

