

Dental nurse exams

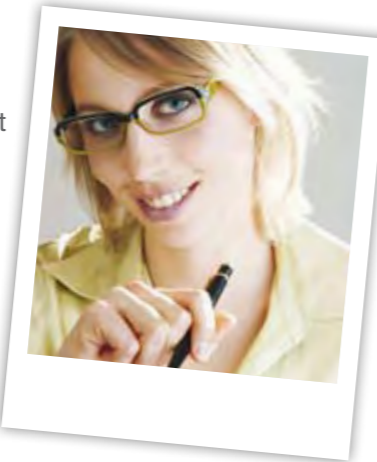
We are proud to announce that two of our nurses have completed their **Dental Nurse's course** and have passed the exams with flying colours. Well done to **Nadia**, and **Alex!**

Mouth cancer

If you ever suffer from mouth ulcers that don't heal, white or red patches, or any other unusual changes in your mouth, please do come and see us straight away – it could save your life. These are the main early symptoms of mouth cancer, and early diagnosis can improve your chances of survival from 50% to nearer 90%.

At Battersea Dental Care, we always look for signs of anything suspicious in your mouth and throat when we carry out our regular check-up examinations. If we do spot any potential problems, we will let you know immediately and advise you to see an oral surgeon.

Please ask or go to www.mouthcancer.org or www.mouthcancerfoundation.org for more information on mouth cancer.



Friends & family

If you are happy with the service that you have received here at Battersea Dental Care please recommend us to your friends and family.

Prevention is ..better than cure

At Battersea Dental Care, our focus is very much on preventive dentistry – helping you to avoid problems by giving you sound advice on the best way to care for your teeth, as well as keeping a close eye on your teeth and gums through regular check-up examinations.

It is important that you see us as often as we recommend so we can spot any potential problems early to save you time and unnecessary expense. If you haven't seen us for a while simply give us a call and arrange a suitable date.

A great way to replace missing teeth

Dental implants are a realistic, strong and permanent way of replacing missing teeth. Implants are false tooth roots made out of titanium metal. They are placed gently into the jawbone and left in place until they integrate with the bone. This creates a strong and permanent support for replacement teeth, which are specifically shaped and coloured to provide a perfect match for your other teeth.

Implants require special skills and knowledge to fit them and to see you through the process. Simon has been helping people of all ages to have confident smiles for many years. He is highly qualified and has a strong reputation for providing an excellent standard of care.



Edited in association with the
British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.
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**Battersea
Dental Care**

COSMETIC, PREVENTIVE
AND IMPLANT DENTISTRY

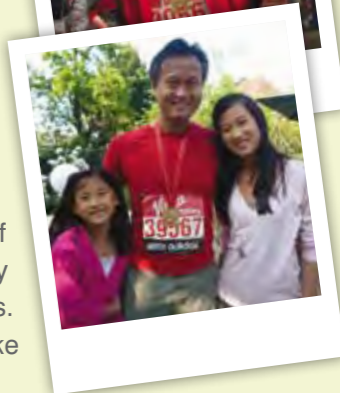
Word of Mouth

2011 London Marathon

Well done to **Simon** for completing his first ever Marathon and in the process helping to raise over **£1,500 for the charity Get Kids Going!**

Simon would like to say a big thank you to all who have shown great support and encouragement for his run.

Get Kids Going! is a National charity which gives disabled children and young people up to the age of 26 the wonderful opportunity of participating in sport by providing them with specially built sports' wheelchairs. Please visit www.getkidsgoing.com if you would like to find out more.



128 Battersea Park Road, Battersea, London SW11 4LY
Telephone 020 7622 2127 Website www.sw11dentalcare.co.uk

Even pop stars get embarrassed about their smiles...

Pop star Katy Perry has said in a new YouTube video that she is embarrassed about her smile, and brushes her teeth three times a day to keep her breath fresh. Katy, whose hits include 'I Kissed a Girl' and 'California Girls', said in an interview: *"I have really jacked-up bottom teeth. I don't grin from ear to ear because I'm embarrassed."*



Many people are embarrassed about their smiles, for a whole host of reasons. A-lister Jessica Simpson has recently said her teeth are too slippery! *"My lips just slide all over the place... I can't catch up with my mouth,"* she said.

We are used to helping people who are unhappy with their smiles. Many patients are pleasantly surprised at how affordable treatment can be, especially if it is just a small imperfection that they want treated, such as a gap between their front teeth. Others feel it is so important to feel good about their smile that they invest in a full smile makeover, and often say afterwards that it has changed their lives.

If there is anything you would like to change about your smile, please do talk to us about it. We will be happy to explain the treatment options available to you and help you have the smile you have always wanted.

Fun fact

American dentist Val Kolpakov has set a new world record for the largest collection of toothpastes. He has over 1,800 toothpastes, with flavours including curry, bamboo, chocolate and whiskey.



Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.

For a healthier smile, eat more fish!

Eating plenty of fish and nuts can help you keep your teeth for life, according to new research. The American study suggests that polyunsaturated fatty acids found in foods such as fatty fish and nuts can help to lower the risk of gum disease.

Gum disease is a very common condition, and in its earlier stages can cause sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss. It is also increasingly being linked to other health problems such as heart disease, diabetes and premature births.

Chief executive of the British Dental Health Foundation Dr Nigel Carter said:

"This study shows that a small and relatively easy change in people's diet can massively improve the condition of their teeth and gums, which in turn can improve their overall wellbeing."

