

# Word of Mouth

**R** RIVERSIDE DENTAL

Official Dentist at the  
London 2012 Olympic Games

## How happy are you to say cheese?

Summer 2019

In National Smile Month the organisers carried out a nationwide poll that found most of us regularly feel self-conscious about the appearance of our teeth.

More than half of British adults (51%) say they are often made to feel anxious about how their smile looks and less than a third (29%) are likely to pose for a photograph with an open-mouth smile. Discoloured teeth are the biggest reason we are not smiling for the camera (33%).

### This got us thinking...

What makes a beautiful smile? Is it a Hollywood smile of straight, white, perfectly uniform teeth? Or is it a healthy smile with all its quirks and imperfections? Or maybe one that's full of gaps? The answer, of course, is whatever you feel comfortable with and one that you are proud to show off.

Our dentists all agree that a healthy mouth is what's essential, not for aesthetic reasons but for health ones.

### FREE consultation

Have your dream smile in just 4 - 6 months with Cfast!

Cfast is a simple, gentle and minimally invasive cosmetic brace treatment that corrects alignment issues with your top and bottom front 6 teeth.

Book your free visit NOW

Healthy mouths reflect a healthy body – they have pink gums and are pain-free. Red gums or gums that bleed when you brush your teeth indicate that something is not right and the main culprit is gum disease.

The key three messages being promoted during National Smile Month are:

- Brush last thing at night and at least one other time with fluoride toothpaste.
- Cut down on how much and how often you have sugary food and drink.
- Visit your dentist regularly, as often as they recommend.

Ultimately, the aim is to help us achieve good physical and mental wellbeing by improving our oral health.

### Smile niggles

However, if you don't feel happy to show off your smile, then ask us for advice. There are lots of ways we can help.

If discoloured teeth are causing you concern, the first and best place to start is with a hygiene visit – not only will your teeth look better, they will be healthier too. Contact us now for details.

## Can you spot the implant?

This patient had a front tooth replaced with an implant crown 12 months ago and look at the result!

We only use the very best materials & techniques and therefore can make any replacement tooth blend in with your natural teeth. For a free smile consultation contact one of our team.



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# Spotlight on - *nail biting & tag tearing*

Do you use your teeth to open bottles, tear clothing tags or bite your nails? If so, you are not alone but the advice from our dentists is to stop!

Most of us are putting our oral health at risk by using our teeth as tools for jobs they weren't intended for.

Joint research by the Oral Health Foundation and Philips has found that 65% of us frequently use our teeth for tasks other than eating and drinking.

The most common misuse for our teeth is tearing sticky tape with 41% of us admitting to doing this regularly. More than a quarter of us bite our nails while over a fifth use our teeth to carry things when our hands are full.

Other popular uses include taking tags out of clothing (20%), chewing pens and pencils (16%), opening bottles (9%) and doing up zips (4%).

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation says that while it may seem trivial, using our teeth



as tools poses a considerable risk to our oral health: "Anything from opening bottles to chewing foreign objects can damage existing dental work or cause our teeth to crack.

"There are also examples of teeth shifting out of place, chipping, and in some cases breaking, due to the pressure and strain. Accidents are also more likely to happen which could result in invasive and expensive emergency dental work."

Young adults are the biggest culprits when it comes to using teeth in improper ways with 85% of 18-35-year-olds admitting to abusing their teeth by performing unusual tasks with them. This is significantly higher than 35-54-year-olds (70%) and the over-55s (54%).

## Restoring teeth

If you have cracked or chipped a tooth, please get in touch for some help and advice. We have a raft of solutions at their fingertips, from dental veneers or crowns, to composite bonding.

Composite bonding can transform the appearance of one or more teeth in a single visit. Tooth-coloured composite resin (like a white filling) straightens uneven or chipped edges, or closes gaps between our teeth. This fast, affordable and impressive treatment requires minimal tooth preparation and is completed in less than one hour per tooth often without the need for any anaesthetic.

Contact us today for details.

## Be selfish with your toothbrush!

Despite it being bad news for our health, one in four of us are happy to share our toothbrush with others.

A new study has found that more than a quarter of the UK population admit they would share their toothbrush with family, friends, a partner, neighbour or celebrity.

Men are significantly more likely - at 32% - than women (20%). Younger adults are nearly twice as willing at 55%, compared to their parents (30%), and around four times more open to do so than their grandparents (13%).

Dr Ben Atkins, dentist and trustee of the Oral Health Foundation, says: "Although it may seem like a kind gesture to share your toothbrush, it really is not a very good idea. Sharing a toothbrush leaves you susceptible to all sorts of oral and general health problems.



"This is because brushing sometimes causes the gums to bleed, which exposes everyone you share your toothbrush with to bloodstream diseases. This means that by sharing a toothbrush, you could also be sharing blood, which is a lot riskier than just swapping saliva."

There are many hundreds of different bacteria and viruses in our mouths and people sharing a toothbrush could be passing these on to others. This could include common colds, cold sores or even hepatitis B.

If you have any concerns about your dental health, please get in touch.

## Did you know?

### Thanks so much!



Some of our team took part in the Race for Life last month, we managed to raise an amazing £750 for Cancer Research UK. Thank you to everyone for your support and sponsorship!

### New recruits

We have two new dental nurses, Nancy and Kayla, who have joined our team in the last few weeks. Both are settling in well and enjoying their new roles.

### Need to cancel?

We understand that sometimes appointments need to be rearranged. Please give us at least 24 hours' notice by calling, emailing or leaving a voicemail. We will then be able to offer that appointment slot to somebody else.

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### Opening hours

Monday	8am - 4pm
Tuesday	9am - 5.30pm
Wednesday	8am - 8pm
Thursday	8am - 4pm
Friday	9am - 4pm
Saturday	8am - 2pm

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