



Welcome once again to our surgery newsletter! Well the summer is upon us again and putting a smile on everyone's face.

We have all been excited at the Surgery with the new addition to our toothbrush range. The Braun Oral B 3000 electric toothbrush has been developed to sell exclusively in dental surgeries. This product is not available in the shops or on the internet and has been designed to a top specification but at a more affordable price. It comes with 7 different brush heads. If you would like any more information please ask at reception.

I hope you are all looking forward to an enjoyable summer.

Erin Murley, Editor.

WELCOME!

We would like to say a big welcome to our two new members of staff here at Drayton Dental Surgery, Julie and Sue.

Julie Winders – Dental Hygienist

Julie qualified as a hygienist in 1995 with the Royal Army Dental Corps. In her spare time Julie likes fell walking, outdoor pursuits and the odd bottle of wine with a bag of maltesers!



Sue Helliwell – Dental Nurse / Receptionist

Sue worked as a general nurse for 18 years and is now training for her dental nurse qualification. Sue enjoys walking, horse riding, musical theatre and gardening.



Hygiene Care

Gum disease is also known as periodontal disease and affects almost all of us at some point throughout our lifetime.

Gum disease is inflammation of the tissues which support and attach them to the jaw and is caused by a build up of plaque bacteria. It is usually painless and can go unnoticed, but you may notice the following signs:

- Red swollen gums
- Bleeding gums
- Halitosis (bad breath)
- Bad taste
- Gum recession
- Drifting or loose teeth
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Gum disease can be treated to help prevent further deterioration of the teeth and gums so it is important to see your dentist and hygienist to achieve the best results.

They will ensure your teeth are free from tartar (calcified plaque bacteria) and help you learn how to clean them more effectively, using specific aids tailored to your needs.



Linda Peckham, Dental Hygienist.



I scream eating ice-cream

If you suffer with sensitivity during the summer months and like to enjoy a nice cold drink or ice-cream but find the consequences unbearable then mention this to either your dentist or hygienist at your next appointment. There are a variety of products and treatments available and your dentist or hygienist can recommend which will suit you best.

10 Tips towards a healthy mouth

1. Have a good home routine of brushing your teeth twice a day with a soft or medium headed toothbrush and fluoride toothpaste.
2. Replace your toothbrush when the bristles are bent, as they will not clean your teeth effectively.
3. Floss or use interdental aids once a day – flossing can clean the areas between your teeth where your toothbrush cannot reach.
4. Avoid snacks between meals as your mouth continues to make acid for up to 20 minutes after you have eaten and bacteria thrive with constant acid production.
5. Don't brush immediately after eating as acids temporarily soften the surface of teeth.
6. Remember to also clean your tongue when you clean your teeth because odour-causing bacteria settle on your tongue.
7. Bleeding gums are usually caused by inflammation of the gums, a condition called gingivitis. Gingivitis can be solved and prevented with a good oral hygiene routine.
8. Hard, fibrous foods such as apples can be good for your teeth because they contain a natural abrasive that helps to keep your teeth clean.
9. Refined sugars are very bad for our teeth and can be found in everyday foods such as cakes, chocolate, sweets, biscuits and ice cream. We need to reduce these intakes for healthy teeth.
10. Remember to always keep regular appointments with your dentist and hygienist.

Surgery Opening Hours

We offer appointments
Monday – Friday
From
8.45am – 5.00pm

Something to sink your teeth into: Did you know?

- Children that smile on school photos are more likely to have better careers and marriages.
- Children laugh on average a massive 400 times a day! Us grown ups a disappointing 15 times.
- The average woman smiles about 62 times a day!! In contrast the average man only smiles 8 times a day.

Facts about your cats and dogs



Ever wondered about your pets teeth?

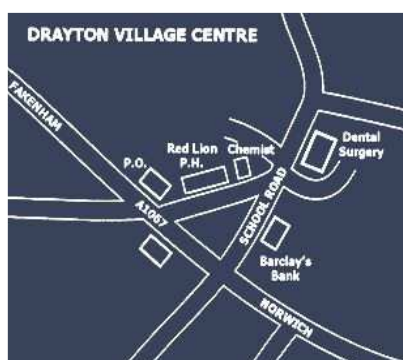
Then here are some facts for you ...

Cats

- Have 32 adult teeth
- Use their incisors to grasp Food or prey
- Have few molars because their diet is almost entirely carnivorous.
- In the wild when cats eat a natural diet, they clean their teeth by scraping them over the bones of their pray.
- 70% of cats show some signs of gum disease by the age of three.

Dogs

- Have 42 permanent teeth
- Working dogs use their canines to carry prey
- 80% of dogs are likely to have signs of gum disease by the age of three
- Smaller dog breeds are more likely to suffer with periodontal disease than larger breeds.
- A vet can sometimes fix your dog's broken tooth with a crown.



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