



# Caring for your mouth during the menopause

Autumn 2018

As if hot flushes, night sweats, loss of libido and mood swings weren't enough to contend with, our female patients will get even hotter under the collar to learn that the menopause can also affect the health of their mouth. Sorry to be the bearer of more bad news!

Women can expect the menopause to take place between the ages of 45 to 55 and it officially starts 12 months after their last period.

A fortunate few experience none of the more annoying symptoms and one day their periods just stop.

For others it can take 10 to 15 years in the peri-menopausal stage, where their bodies gradually reduce producing oestrogen and progesterone hormones.

Women often face this cycle of their lives not really having a clue what to expect - it seems to treat us all slightly differently.

## Dental health problems

Changes in hormone levels can affect the way in which our bodies fight infection, produce saliva, maintain a healthy balance of bacteria and plaque production. This can lead to an increased risk of mouth ulcers, painful gums, tooth decay and gum disease.

Some of the most commonly reported complaints include oral discomfort, altered taste, a burning sensation in the mouth, a persistently dry mouth and bad breath. However, the correct prevention and a good

control of bacterial plaque can help reduce many of these issues.

Dentists and hygienists are often the first people to notice changes in women's mouths and they are ideally placed to flag up any concerns and help provide extra care and attention during this time.

## Do you have any concerns?

If you have noticed changes in your mouth, we encourage you to book an appointment with our hygiene team.

## Listening to your feedback

We would like to let you know that we do listen to your feedback and are pleased to announce that you can now have dental and hygiene appointments on the same day.

Vasiliki will now work on Thursdays and Fridays (rather than Tuesdays and Thursdays), so she can team up with Colette to provide patients with the convenience of examinations and hygiene appointments together, as Debbie and Chloe do on a Monday.

It also means we now have a dentist available every day of the working week should any of our lovely patients experience a dental emergency.

Our preventive focus means that hygiene appointments are becoming limited. We'll look to extend the service



in the New Year but please be reminded that we do require 48 hours' notice to cancel your appointment to avoid incurring a charge.

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# Spotlight on - *The Tooth Fairy*

British children receive almost £24m each year from the Tooth Fairy, according to the results of a new nationwide survey.

The poll, conducted by the Oral Health Foundation, found that the nation's youngsters are receiving an average of £1.58 per tooth.

The charity surveyed more than 2,000 parents from across the UK, to find out how much the Tooth Fairy leaves for a child's baby teeth when they fall out.

With roughly 15 million baby teeth falling out each year, it is estimated that the Tooth Fairy is shelling out £23.7 million annually, a whopping 43.6% more since 2011 (£16.5million).

Chief Executive of the Oral Health Foundation, Dr Nigel Carter OBE, says: "The Tooth Fairy business is increasingly lucrative and has seen major inflation in recent years, but it is really important that children are mindful of just how precious the baby teeth they are placing under their pillows are.



"Many believe that milk teeth don't need to be healthy, as they will just fall out anyway, but this could not be further from the truth.

"The health of children's baby teeth and their oral health in adulthood are closely linked so it is vital that a child's mouth is kept clean and healthy. We want to see children's milk teeth fall out naturally and healthily, free from signs of decay."

Earlier this year, the Local Government Association (LGA) released statistics on children's hospital operations and revealed there were nearly 43,000 tooth extractions in the last year, a growth of nearly a fifth compared with four years ago.

The main culprit in the UK for baby teeth needing to be extracted under general anesthesia is tooth decay, caused by poor diet and oral health routines. Diet plays a huge part when it comes to oral health and unfortunately many children are consuming too much sugar, too often, which results in rotten teeth.

## Kids 'not brushing teeth long enough'

Some 12% of parents have admitted their children brush their teeth for 30 seconds or less, according to a YouGov survey of 1,000 parents.

The survey found that 58% of parents with children between the ages of 3 and 12 said they did not brush for the two-minute minimum recommended by the British Dental Association. A total of 40% said their children did not brush for longer than a minute.

Getting children to brush their teeth is a source of stress for many families, with:

- 46% of parents agreeing that they have worried about their child's teeth as a result of trying to get them to brush.

- 24% of parents have lost their temper while attempting to get their children to brush

- 18% have been upset
- 71% of those surveyed felt that technology could be used to achieve better oral health.

Some 40% said children considered brushing to be 'boring' and many avoid brushing, with 72% of parents saying their children had on at least one occasion tried different tactics.

Methods employed to avoid brushing include:

- crying (17%)
- throwing tantrums (21%)
- lying about brushing (50%)
- trying to bargain (21%)
- hiding themselves (13%)

Only 24% said their child had never done anything to avoid brushing their teeth. The survey was conducted on behalf of Playbrush, makers of the unique interactive smart toothbrush.

## Practice news

### Free £20 voucher

Enjoy a £20 voucher towards your dental treatment or products (not dental exams) when someone you recommend to us becomes a patient - use it with our whitening offer overleaf for a really great deal!

### Lost clinical hours

A total of 14 hours of dental time was lost in September due to late cancellations and patients failing to attend. We don't want to let you down when you need an appointment so please don't let us down by not providing 48 hours' notice of your intent to cancel. We will charge for failed appointments and cancellations that occur within the 48 hours.

### Renovations

We are making some improvements to your practice and have started with new flooring throughout upstairs, new lights in both surgeries and corridor and a new split air con and heating system in surgery one. Next will be a lick of paint!

## Drayton Dental

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### Opening hours

Monday:	8.30 am - 5.00 pm
Tuesday:	8.45 am - 5.00 pm
Wednesday:	8.45 am - 5.00 pm
Thursday:	8.45 am - 5.00 pm
Friday:	8.45 am - 5.00 pm

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