



# New year, new healthier you?

Winter 2019

With all the conflicting information out there, it's really hard to know what to do to lead a healthier life.

Have your 5 a day - but don't eat too much fruit because it's full of sugar. Cut down on alcohol - but a small glass of red wine a day is ok. Don't indulge in chocolate - but a square of dark is good for you. Reduce caffeine - but a cup of coffee a day is good for your heart. Who knows what's true!

Every day there seems to be new advice. So, we have come up with three simple changes that will help keep your mouth tip top - and as we know, a healthy mouth reflects a healthy body.

## Tooth-kind drinks

There are two - milk and water. Simple. This includes dairy-free milk alternatives that are calcium enriched too. Drink smart to help protect tooth enamel - and have less fruit juice until you feel you can cut it out.

## Love your gums

Brush twice a day for two minutes with fluoride toothpaste and floss before brushing. Flossing loosens bacteria and food debris from between your teeth, which allows brushing to be much more successful at removing plaque. Doing so will lower your risk of gum disease, which has been linked to more than 20 serious conditions including heart disease, bacterial lung infections, strokes, diabetes and problems with fertility and pregnancy.

Regular dental visits allow us to spot gum

disease early, so make sure you book your essential dental and hygiene appointments.

## Cut down on sugar

Sugar causes tooth decay. It is not just the amount of sugar in food and drink that matters but, more importantly, how often there are sugary things in the mouth. Sweet drinks (especially those in a bottle or with a sports cap), sweets and lollipops are particularly bad because the teeth are bathed in sugar for a considerable time. If you do have sugary treats, eat them with your main meal rather than between meals.

## Smiles all round at nursery

Courtney, one of our dental nurses, visited children at Childerwood Nursery in Taverham recently.

She explained the importance of cleaning our teeth regularly, what teeth look like and what types of food encourage plaque. Courtney also read them a story called The Lost Smile.

She showed them:

- how much sugar is in certain drinks using visual aids
- how to brush their teeth and how long for
- what happens during a dental examination and she gave them gloves, masks and dental mirrors to look at and try on.

Every child received a goody bag



including a tooth brushing chart, stickers and toothpaste samples.

## £20 VOUCHER

Enjoy a £20 voucher towards dental treatment or products (not dental exams) when someone you recommend to us becomes a patient



# Spotlight on - denture care

1



## BRUSH YOUR DENTURES DAILY

Use a non-abrasive cleaner, not toothpaste

2



## SOAK YOUR DENTURES DAILY

Use a denture cleanser to remove more plaque and disinfect your dentures

3



## LEAVE YOUR DENTURES OUT AT NIGHT

Helps to relieve any soreness and prevent infection

4



## VISIT YOUR DENTIST REGULARLY

Ensures your mouth remains healthy

1. Daily cleaning of dentures using mechanical action – brushing with a toothbrush or denture brush and an effective, non-abrasive denture cleanser (no dentifrice).

2. Daily soaking in a denture-cleansing solution – this seems to deliver extra chemical breakdown of the remaining plaque and some level of disinfection of

the denture. Denture-cleansing solutions should only be used outside the mouth, and denture wearers should strictly follow the manufacturers' guidelines.

3. Denture wearers should not keep their dentures in the mouth overnight, unless there are specific reasons for keeping them in. This guideline is even more important for people at a higher risk of

developing stomatitis and for frail or institutionalised older people. Soaking in a denture cleanser solution after mechanical cleaning seems to be beneficial for preventing denture stomatitis and the potential risk of pneumonia.

4. All patients who wear removable dentures should be enrolled into a regular dental recall and maintenance programme.

## '2 billion people aged over 60 by 2050'

By 2050 there are expected to be two billion people aged 60 or older. This is more than double today's figure. The older you are, the more likely you are to have lost all, or nearly all, your natural teeth. This is why we recall you every 6 to 12 months, because your natural teeth are precious.

A global taskforce of academic experts brought together by the Oral Health Foundation has announced new guidelines (above) to address the needs of an ageing population worldwide and tackle the wealth of inconsistent and contradictory advice on the best care of dentures.

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation believes the new guidelines will help end confusion about how dentures should be looked after.

Dr Carter says: "We have found that people

with dentures do not know how they should be cleaning them. Our report shows that denture wearers use everything from soap and water to toothpastes, bleaches and commercial products. But with the variety of recommendations available online and from other sources, it is no surprise that people are confused.

"Incorrect denture care can pose a real threat to both the oral health and general health of denture wearers. We hope these new recommendations can reassure people about the best way to look after their dentures."

The risks associated with poor denture care are wide-ranging and include inflammation of the mouth, staining, changes in taste and bad breath. It has also been linked to wider health problems such as pneumonia, particularly in the frail elderly.

### Drayton Dental

10 School Road,  
Drayton,  
Norwich,  
Norfolk NR8 6DN

01603 860885

#### 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

info@draytondental.co.uk  
www.draytondental.co.uk

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

## Practice news

### Medical forms

Patients are advised that we will be asking them to complete Medical History forms on their arrival, so that all information is kept up to date. This is an annual legal requirement, so please could you arrive 10 minutes before your appointment to prevent delays.

### Lost clinical hours

Some 9.5 hours of dental time was lost in December due to late cancellations and patients failing to attend, which is improving but still equates to a day's time lost. Please provide 48 hours' notice to avoid being charged.

### Have you arrived?

It's very important that you let us know at reception when you arrive before taking a seat in the waiting room, so that we can make sure you are seen promptly.

### Let there be light!

We have up-graded the lighting outside the front and back of our surgery, making it much safer for patients in the winter months.