

# Vitamin deficiencies

At our practice, our focus has always been good oral health. There is however, increasing evidence that eating a healthy diet is just as important for your mouth as it is for your body. Certain vitamin deficiencies can have serious effects on your mouth and teeth, and if your mouth is sore or your gums are bleeding, you may not be able to eat well which could make any vitamin deficiencies worse.

Listed are some common vitamin deficiencies that might affect your mouth:

Deficient Vitamin	Oral symptoms	Food sources
B12, B2, B3, B6, folate	Burning (especially tongue), angular cheilitis, oral candidiasis, recurrent mouth ulcers, cheek tissue sloughing off	Milk, eggs, nuts, bananas, meat, poultry, fish, whole grains, dark green vegetables, orange juice
Iron	Pale oral tissues and symptoms similar to Vitamin B deficiency	Lean meat, beans, shellfish, whole-grain bread, leafy green vegetables
C (ascorbic acid)	Gums that bleed easily, easy bruising	Citrus fruits, tomatoes, red peppers, strawberries, dark green vegetables
A (retinol)	Delayed healing	Fortified milk, orange and yellow, fruit and vegetables, liver
D	Brittle bones (increased risk of jaw fracture), periodontal disease	Fish and fish liver oils, egg yolk, fortified milk, some cereals
K	Excessive bleeding after extractions, easy bruising, slow healing	Beef, eggs, broccoli, sprouts, green leafy vegetables

It is important to eat a healthy, balanced diet in order that your body remains healthy. Regular maintenance visits can help us to monitor your oral health and help us to spot early signs of vitamin deficiency or disease as well as keep your gums and teeth in optimum condition.



## Mouthguards



While we are busy doing the activities that help us to stay fit and healthy, it is important to keep safe, particularly for our younger patients, many of whom have attended with dental injuries from falls off bikes, scooters and playground equipment. Although helmets will offer some protection, it is worth considering wearing a mouthguard during these activities, especially if the front teeth are quite prominent. Please ask David or Naseema if you feel your child's teeth may be at increased risk of injury for advice on a mouthguard.

## Helpful reminders

Finally, many of you have positively commented on our new system for reminders on booking your maintenance visits. We now send a letter a whole month before you are due to see David and Ali as well as a follow up letter at the beginning of the month that you are due. We hope that by giving you advance notice in this way, you are able to keep to the intervals prescribed to keep your mouth in the healthiest condition possible, at times that suit you.

We look forward to seeing you soon. In the meantime, keep smiling!

Warm regards *David & Naseema*



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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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Kew  
DENTAL CARE

# Smile Update

## Diet, health & fitness

As the days grow shorter and the weather turns cooler, we often turn to comfort food to get us through the long, dark days of winter.

However, in this newsletter you will find articles on how keeping to a healthy diet throughout the year can help you have healthy gums as well as maintain your overall general health. With the Olympics coming to London soon, what better incentive for us all to improve our health and fitness?

We hope you enjoy the issue...



Kew Dental Care 105 North Road, Kew, Surrey TW9 4HJ

t: 020 8878 7833 e: kewdentalcare@tiscali.co.uk

w: www.kewdentalcare.co.uk