



drinks, it will help our general health, particularly the obesity crisis we face. From a dental perspective however, it is the frequency rather than the amount of sugar consumed that is the major factor. 'Little and often' does not apply in terms of reducing or preventing decay.

To be safe and healthy, we recommend you avoid ALL sugary drinks and especially encourage younger patients to stick to water or milk.

Good news for the nation's health now that the sugar tax has come into force. If this leads to a reduction in the predicted consumption of sugary

So that your visit is as stress-free and relaxed as possible, here are a few tips to help:

- Please ensure you allow plenty of time to get to us, whether you're coming by rail or road. Parking can be tricky in the Kew Village area, so do allow time to find a space. The controlled parking is in effect between 10am-12noon only and parking in these spaces is free outside of these times.
- If your children are attending for an appointment without you (including some of our teen to twenty-something children!) please ensure the appointment is paid for either in advance at the time of booking, or on the day at the end of the appointment. This prevents any confusion arising later.

- Please ensure our email address office@kewdentalcare.co.uk is in your list of permitted senders so that communications from us are not missed or languish in your spam box.
- We usually recommend that you have a light snack prior to your appointments, especially if you're having more advanced treatment and are in for a long visit. However, if you've rushed to get to us and haven't had a chance, we will be happy to make you a cup of tea or coffee before your appointment, please do ask.

Until next time, keep smiling,

David & Naseema

David and Naseema

We welcome Samir Farmahan to the team as our new Specialist in Orthodontics.

Samir Farmahan

BDS (Hons), MFDS RCS Ed, MClindent (Ortho), MOrth RCS Ed. GDC 212253



Samir completed his degree in Dentistry (BDS) from the Royal London Dental Hospital passing with distinction. He has held a number of hospital posts including Oral & Maxillofacial Surgery, Paediatric and Community Dentistry. He passed the Dental Faculty membership examinations (MFDS) of the Royal College of Surgeons of Edinburgh to enter specialist training in Orthodontics.

During 3 years of orthodontic training at the Oxford University Hospitals and Eastman Dental Hospital, London as a Specialist Registrar, he obtained a Master's in Orthodontics (MClindent) and Membership in Orthodontics (MOrth) from the Royal College of Surgeons of Edinburgh. During his training, he presented his research at both national and international conferences and was awarded the Houston Postgraduate Research Scholar award for his master's thesis.

Samir accepts referrals from general dental practitioners in the area to provide orthodontic treatment for patients.

He undertakes the full spectrum of orthodontic treatments for children and adults including conventional fixed braces, invisible braces, functional appliances and lingual (hidden) braces.

Away from the practice, Samir is kept busy with his young family. When he can, he enjoys cycling, marathon running, football, cricket and squash (it sounds like he and David have a lot to talk about besides dentistry!).

Samir is looking forward to working with David, Karim, Naseema and Ali to help you achieve a healthy, beautiful smile from the gums up! He has a particular interest in fitness, nutrition and a holistic approach to dentistry and we feel he is a valuable addition to our team.



KEW
DENTAL CARE

Smile Update

Newsletter Spring 2018

Here is our 2018 newsletter. In this edition, we focus on erosion, tooth whitening and common dental problems.

We welcome back Ali, now a proud mum of two, from her maternity leave. Great to have you back Ali. We are sorry to say goodbye to our orthodontist, Dev Arya, who is leaving to focus on her own practice but welcome Samir Farmahan to our team as our new specialist orthodontist – read on to find out more about Samir.



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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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Tooth erosion

Tooth erosion is a growing problem for both adults and children, and as dentists we are becoming increasingly concerned about it. Children are particularly at risk and recent statistics show that over half of the UK's 4-18 year olds have signs of tooth erosion.

Many people confuse tooth erosion with dental decay, but the two are quite different. Tooth decay is usually very localised, affecting only part of your tooth, and is caused by bacteria. Erosion tends to affect the surface of a tooth, and is usually caused directly by the acids from your food and drink or stomach acting on your teeth. Every time acid meets your teeth, the hard outer coating, called enamel, becomes softer and is more susceptible to being worn away.

Usually your saliva will neutralise the acidity and help the teeth to recover, but if you eat or drink acidic things too often, it does not have the chance to do its job.

Anyone who drinks fizzy drinks, squashes or fruit juices – including sports drinks and flavoured fizzy waters - regularly throughout the day is at risk of suffering tooth erosion. Some medical conditions

and eating disorders can also cause tooth erosion, via stomach acids.

There are some simple steps you can take to reduce tooth erosion.

- Water is the only drink which cannot harm your teeth, so drink it whenever you are thirsty
- Try not to snack between meals, especially on high-acid foods such as sour fruits (oranges, lemons, plums, etc), pickles, vinegar, yoghurt and herbal teas
- Don't brush your teeth immediately after eating or drinking anything acidic as it can cause damage to the softened enamel
- Chew sugar-free gum for a while instead to help produce more neutralising saliva

If you have any questions about dental erosion, please ask the next time you visit – we'll be delighted to help.

We now stock **BioMinF toothpaste** (www.biomin.co.uk) at the practice.

This has been shown to combat the effects of acid erosion such as enamel loss, sensitivity and the increased risk of decay by slowly releasing fluoride, calcium and phosphate onto the tooth surface to protect and strengthen. David has been using BioMinF and has noticed a big improvement.



Got a dental problem? – We can help

Please don't suffer in silence or feel embarrassed about any of your dental concerns, we are here to help you. Here is a brief round-up of some of the more common dental problems:

- **Tooth grinding** – also known as bruxism, is very common. It can cause sore facial muscles, headaches and ear-aches, and sometimes neck pain. It can also cause teeth to become ground down and more sensitive. Try to reduce your stress levels, but if this doesn't work, make an appointment to see us. We can create a custom-made appliance for you to wear while you sleep to protect the teeth.
- **Bad breath** – in most cases is a result of bacteria in your mouth. It is important to follow a good oral healthcare routine – we can advise you on this. Bad breath or halitosis, may be a result of eating strongly flavoured foods such as garlic or in some cases, bad breath can be caused by a medical condition, such as sinusitis, diabetes, or problems with the digestive system. Whatever the cause, please don't be embarrassed to speak to us; we can help.
- **Tooth sensitivity** – can range from mild irritation to a shooting pain that can last for hours, usually after hot/cold stimulus. However, prolonged sensitivity can be caused by decay, so don't suffer in silence – book a consultation so we can find the best way to relieve your discomfort and get you smiling again.
- **Bleeding gums** – this is often one of the first signs of gum disease which is caused by a build-up of bacteria in your mouth known as plaque. If left untreated and without effective removal of the plaque, the gums and surrounding bone might recede, eventually resulting in loose teeth that may fall out or have to be extracted. When you visit us, we will advise you on the best way to care for your teeth and gums including recommending regular hygiene appointments.
- **Imperfections** – if you're unhappy with any aspect of your smile then talk to us about the best options for you, your lifestyle and your budget. These can include tooth-coloured fillings and restorations, tooth whitening, bonding (where a tooth-coloured filling material is bonded to your teeth), veneers (very thin porcelain layers fixed to your teeth), orthodontics (tooth straightening) and dental implants (replacement of missing teeth).

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Did you know?

Dental enamel is the hardest substance in the body.



DIY whitening using charcoal and/or lemons

You may be misled to believe that using natural products such as charcoal and/or lemons is a 'healthy' alternative to professional tooth whitening treatments. However both charcoal and lemons can seriously damage your teeth. As Dr Nigel Carter, chief executive of the British Dental Health Foundation, commented: *"Lemons are extremely acidic and can cause the tooth enamel to be worn away causing pain and sensitivity."*

Equally, the abrasiveness of charcoal can lead to enamel deterioration. So, we urge you to please speak to us if you wish to whiten your teeth. After an assessment we will be able to tell you whether whitening is a suitable option and what results you can expect from professionally administered whitening treatments.

