

Healthy Gums, Healthy Mind and Body

As mentioned in our article on orthodontic treatment, straightening crooked teeth has a very positive effect on gingival (gum) health as well. This is because by reducing or even eliminating, previously difficult to clean areas and therefore removing plaque more efficiently, your gums have a much reduced risk of developing gum disease (gingivitis or periodontitis). If you already have gum disease, there is a better chance of reversing and/ or arresting it once local factors, such as crowding, are removed.

A research paper published in March 2016, 'Periodontitis and Cognitive Decline in Alzheimer's Disease' by Mark Ide *et al* suggested that active chronic periodontitis is an important factor in driving cognitive decline once Alzheimer's Disease is established.

In our newsletter of Winter 2008 we mentioned 'The Nun Study' published in The Journal of the American Dental Association in October 2007 which found that the risk of developing dementia increased in participants aged between 75-98 years old as the number of teeth in the mouth decreased. The researchers were unable to determine if the association was causal or casual but urged further study. It does seem however, that retaining as many teeth and maintaining healthy gums as we get older has implications that impact more widely than expected.



Previous newsletters have discussed the link between Chronic Inflammatory Periodontal Disease (CIPD) in the mouth with systemic disease such as diabetes, stroke, cardiovascular disease, bacterial pneumonia, and in pregnant women, has been linked with the risk of preterm and/or low birth weight infants. While this may seem rather tenuous, and a direct causative link has not yet been found, what is known is that having a healthy mouth, from your first teeth to your golden years, is much more important than previously thought.

It is increasingly apparent that regular dental check ups and hygiene visits can help to keep your whole body healthy apart from keeping your smile as dazzling as possible. Signs of disease may be spotted in the mouth before symptoms become apparent elsewhere in the body.

Remember that at your check up, your risk of gum disease and tooth decay is carefully assessed so some patients are advised to attend more frequently for their maintenance treatment. Please don't ignore your recall letter when it drops through the letterbox!



Although we cannot turn back the tide, we can do our best to delay the inevitable. Eating a sensible diet, exercising regularly and getting regular health checks are things we can do. 'Everything in moderation' as Naseema's mum is so fond of saying so schedule some fun too!

Thank you to all our patients who have sponsored David in his London Marathon race for Children with Cancer UK. Every bit helps and he has been touched by your donations and messages of support. It definitely makes the sore feet and blisters worthwhile! We will keep you posted on how he gets on.

As a final note, please remember to update us on ANY changes to your medication or medical history. Things you may feel are not important can have some bearing on the treatment we are able to safely carry out at the practice and help to avoid any potential problems or interactions that may occur.

Please also update us of any changes to your contact details such as phone number, email address and home address to avoid missing appointment or recall reminders.

As ever, if you have any concerns or questions about this newsletter, please ask.

Until next time,

Keep Smiling!

David and Naseema



Edited in association with the British Dental Health Foundation

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

Newsletter Spring 2019

Spring is sprung and as we emerge from the gloom of winter, thoughts turn to getting ready for summer and longer, brighter days.

In this edition, there are articles on the range of orthodontic treatments provided at Kew Dental Care by our specialist orthodontist, Samir Farmahan, (not just for children, but adults too) as well as our how gingival (gum) health may affect our general health in ways we didn't know.

Do read on and as ever, please feel free to ask about any of the topics in this newsletter.

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Mouth cancer

If in doubt, get checked out

The British Dental Health Foundation estimates that over the next decade around 60,000 people in the UK will be diagnosed with mouth cancer. Without early detection an estimated 30,000 people will die.

Mouth cancer can affect anyone, but people who smoke, drink excess alcohol, have a poor diet or use chewing and smokeless tobacco are particularly at risk. More recently, one of the most common sexually transmitted infections – the Human Papilloma Virus or HPV for short – has also been linked to mouth cancer.

Early detection is vital as it significantly increases your chances of survival, but many of the initial symptoms are hard to detect. It is very important to visit us regularly. We always include a mouth cancer screening as part of your check-up, and if we spot anything unusual we can advise you to seek further investigation.

If you are worried about anything unusual that you see in your mouth; an ulcer that does not heal within three weeks, any unusual red or white patches in the mouth or any swellings in the head and neck area please make an appointment with us so we can check it out for you.

For more information on mouth cancer visit www.mouthcancer.org

Ruling to give UK boys HPV vaccine will save many lives



HPV (Human Papilloma Virus) is one of the leading causes of mouth cancer. Since 2008, girls have been offered a HPV vaccination to protect against cervical cancer.

Now, a decision to also offer a vaccination to boys via a school based programme will offer protection for men from life-threatening diseases caused by HPV including mouth, penile and anal cancers as well as genital warts.

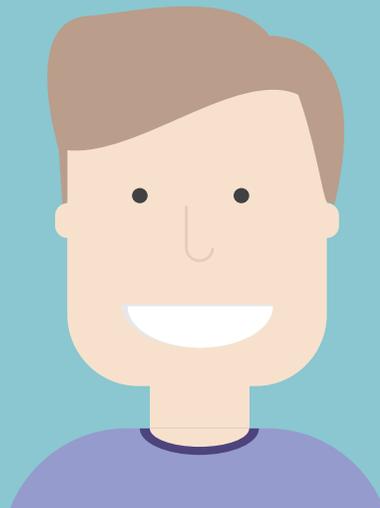
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BRITS EITHER LIKE OR LOVE THEIR SMILE, ACCORDING TO THE RESULTS OF A NEW NATIONWIDE SURVEY.*

**1 Oral Health Foundation (2018) 'National Smile Month 2018 United Kingdom Survey', Atomik Research, Survey, April 2018, Sample 2,005*

Ten reasons to smile

- 1 Smiling boosts your immune system**
Smiling and laughing decreases stress hormones, relaxes the body and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- 2 Smiling lowers blood pressure**
Smiling and being happy can improve the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- 3 It reduces stress**
When we smile it triggers the release of endorphins that lift your mood and counteract the stress hormones.
- 4 Smiles provide a natural 'high'**
If you're feeling down, even putting a 'fake' smile on your face helps lift your mood and gets those happy endorphins released!
- 5 It's a natural pain killer**
Those clever endorphins that are released when you smile can also act as a natural pain killer.
- 6 Smiling encourages trust**
Studies show that we are more trustful of others when they smile and smile genuinely. Trust is an important part of social health when dealing with people and is a solid foundation for all relationships.
- 7 Smile your way to success**
A smile can appear confident, self-assured and on top of your work. Research shows smiley people are more readily approached with business ideas and advancements.
- 8 You'll look younger**
Smiling naturally lifts the face and helps make people look younger and more attractive.
- 9 It's contagious**
If you smile its likely to make someone else smile, creating a chain reaction and spreading the health benefits throughout those around you.
- 10 You'll live longer**
There is evidence that those who smile often live an average of 7 years longer than those who rarely conjure a regular smile.



If you're not completely happy with your smile, please speak to us. We'll be happy to suggest ways in which it could be enhanced, and in most cases those enhancements can be surprisingly affordable.

Braces are not just for the youngsters so why should they have all the fun?



We are often asked “Aren't I too old for braces?” or “What is the point in having straight teeth at my age?” by many of our patients on the wiser side of their twenties. The truth is, adult orthodontics is one of the most conservative ways of making the best of your teeth and creating a healthy, aesthetic smile.

Not only can crooked, crowded teeth make you embarrassed or less likely to smile, but the effect of the nooks and crannies created by the overlapping teeth at the gum level can lead to plaque trapping which is a risk factor in developing gum disease (more on this later!).

In addition, correct alignment of your teeth and jaws reduces the risk of damage to your teeth and jaw joints and the associated problems such as headaches, neck pain and tooth fractures. Well-aligned teeth also lead to improved function, which means enjoying your food just that little bit more!

Samir will be happy to discuss the options available and advise you on the best treatment for you that will suit your lifestyle and your pocket.

There is very little difference between adult and children's orthodontic treatment as the most of the options Samir offers

would be suitable at any age. However, our older patients may be less excited about showing off the fact they are wearing braces, so virtually-invisible lingual Incognito braces, which are fitted on the inside of the teeth, may be a more adult-appropriate option. Other ways of making fixed braces more discreet are to use ceramic, tooth-coloured brackets and tooth coloured wires so they are apparent only to the most eagle-eyed observer.

Samir is also a Gold Invisalign provider. This is the brace system where mild to moderately crowded teeth are moved using a series of removable clear aligners, advantages of which include being able to remove them for teeth cleaning and using the final aligner as a tray for tooth whitening. One of the disadvantages of this system is the sometimes alarming frequency with which teenagers blame lost aligners on family pets!

Having a specialist orthodontist at our practice means that Samir is able to work closely with David and Karim on complex cases that may involve creating space for implants, bridges and complex restorative work or closing space from teeth that are missing. Either way, our patients benefit from having their expert advice and care all in one place.