

## Race for Life

Following on from the article on the rise in oral cancer, we thought we would do our bit for Cancer Research, and try to get fit in the process, so entered our team for this year's Race for Life in Old Deer Park. Fortunately, it was a lovely dry day but being too hot to race, ended up being more of a Walk for Life instead!



*No, not some new dance, just playing 'avoid the bee'!*

It was a great afternoon, although humbling to see so many cancer survivors as well as those who had lost relatives or friends on the course. Our mood was lifted by our post-race barbeque made more enjoyable without the threat of rain to spoil our fun for a change!

Although we had a good day, there is a serious message underlying this. As stated in the previous article, oral cancers are on the increase so it is even more important to attend at the prescribed intervals for your maintenance examination and hygiene programme in order that we can monitor any changes in your mouth. We now stock alcohol-free mouthwashes wherever possible for tooth and gum care to minimize any risk to your oral tissues.



*Our Official Team Photograph!*

In addition, we stock a range of toothbrushes, electric and manual for children and adults as well as floss, toothpaste and brushing aids for children (such as toothbrush timers and plaque disclosing tablets) to facilitate your home care programme.

Our primary focus remains your oral health, and although we offer a range of cosmetic dental treatments, a healthy mouth for you and your family will always remain our priority.

## Smile!

Having a great smile not only boosts your confidence, it can also help you to be happy and healthy.



Research has shown that smiling increases levels of the 'happy hormone' serotonin, which lifts your mood and can help to improve your health. Smiling also releases endorphins, the body's natural pain relief hormones – many natural health advisors suggest that chronic pain sufferers should find ways of staying cheerful and happy so they will feel less pain. It can even help you to stay looking young – it uses far less muscles to smile than it does to frown, which means you're less likely to acquire ageing frown lines! Given the many advantages that smiling has, it makes sense to keep your smile looking good. If you feel confident about the way your smile looks, you are far more likely to show it off!

Tooth whitening is one of the simplest, most effective ways to improve your smile and appearance. There are so many options available from home whitening wearing custom made trays overnight, or for short periods during the day, to in-office power whitening which whitens the teeth in an hour. Please do ask about the method that would be most suitable for you.

**Remember, if you look good, we look good!**

Warm wishes *David & Naseema*

### In this issue...

- Alarming rise in oral cancer
- Put a sparkle in your smile!
- White wine bad for teeth



# Smile Update

## Welcome to our latest newsletter

There is plenty to read about in this issue as we have all been busy both in and out of the practice. David graduated from the University of Central Lancashire and received his Masters degree in Restorative Cosmetic Dentistry. It represents his continuing commitment to providing the best and latest treatment for you and is an achievement to be proud of, as he is one of the first dentists in the country to receive this degree.



*David's Graduation*



*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.*

*© This newsletter is written & produced by Blue Horizons Ltd., 122 Bath Road, Cheltenham, GL53 7JX • www.bluehorizonsmarketing.co.uk*

**Kew Dental Care**, 105 North Road, Kew, Surrey TW9 4HJ t: 020 8878 7833

e: [kewdentalcare@tiscali.co.uk](mailto:kewdentalcare@tiscali.co.uk) • w: [www.kewdentalcare.co.uk](http://www.kewdentalcare.co.uk)