



Winter 2009

practice news

Hadleigh Dental Surgery

17 – 19 High Street | Hadleigh | Ipswich | Suffolk IP7 5AG

Tel: 01473 823092

Staff news

There's lots of good news to report from the practice.

Congratulations to our two junior nurses, Sadie Lucas and Hannah Fitzgerald, who have both passed their dental nursing exams earlier this year. The General Dental Council have made it mandatory (2009) that all dental nurses are registered with them. We are pleased to say that all of our nurses are now registered.

Louisa Tuffin, our hygienist is having a winter wedding! Louisa and Mark will be tying the knot in December and we wish them well.

Another of our hygienists, Clementine Hynes, is expecting a new arrival anytime soon - we'll keep you informed of any news! And we'll also find out the winner of the 'guess the baby's weight' competition being held in-house!

Oral hygiene in the recession

The importance of good oral hygiene has never been more important! When finances are tight, a good daily tooth cleaning regime is essential.

Bacterial plaque is the main cause of gum disease so daily brushing and cleaning between the teeth are vital for prevention of tooth loss as we get older. Stress can also exacerbate gum disease, so in order to keep your mouth as healthy as possible, it is vital to maintain a high standard of care during these difficult times.



Is your toothbrush head looking sad? Have you run out of floss and TePes®? We always have these items in stock at competitive prices and daily use will help to avoid costly dental treatment long term. Your hygienist is here to advise you on all aspects of dental care and will help you to maintain a high standard of oral health

When would I need an x-ray?

Early tooth decay does not tend to show many physical signs. X-rays allow the dentist to see any problems with your teeth before they become physically visible, such as tooth decay or possible infections, thus enabling the dentist to treat any underlying problems before they develop any further, saving both time and money.

In children, x-rays allow the dentist to see when and where second teeth will grow through. The same applies to adults and their wisdom teeth.

Our treatments

We continue to be able to accept new patients and many patients enquire about cosmetic treatment and dental implants. If you are interested in any type of aesthetic/implant work please do not hesitate to ask your dentist at your next visit. Your dentist will be happy to discuss the many options and treatments now readily available.

Patient referrals

We are always delighted when we receive referrals from our patients. This means a great deal to us, as it means you are happy with your dental care and are pleased to pass on this news to your family and friends.

This is how our practice has grown and will continue to do so with your help.



Tooth grinding

Grinding or clenching your teeth, known as bruxism, affects around one in seven people. People can often grind and clench their teeth without realising it, both whilst awake and asleep.

Bruxism may cause jaw pain, headaches, earache, sensitive teeth and damage to your tooth enamel, so you should visit your dentist so that they can examine you. At your examination, make sure you tell them about any other symptoms you may be experiencing, such as an aching or clicking jaw. Your dentist may take x-rays and will recommend the best course of action for you. They may give you a mouthguard to wear at night, to help to protect your teeth.

Bruxism can be caused by many things, although stress is a key factor. Techniques to reduce stress and manage anxiety can also be helpful in stopping the grinding. Some people who have a high caffeine intake (more than six cups per day) have found that reducing the amount of caffeine stops them grinding their teeth.

Why is a healthy diet important for your oral health?

An unhealthy diet can lead to a variety of oral health problems as well as general health problems. Most of us are aware that we should eat a healthy balanced diet, including the five recommended portions of fruit and vegetables a day. Did you know that each time you eat or drink something with a high sugar content, your teeth are under attack from acid for up to one hour? To reduce the amount of time your mouth is at risk, try to keep sugary foods to meal times only. Why not try to substitute unhealthy sugary snacks for healthy foods and drinks? Here are a few examples:

Food

- Bread/crackers/savouries
- Pitta bread
- Crumpets
- Bagels
- Rice cakes
- Bread sticks
- Cheese (a small portion of cheese after a meal can help neutralise the acids in the mouth)
- Soup
- Fruit and vegetables
- All fresh fruit (no dried fruit)
- Raw vegetables – e.g. carrots, tomatoes

Drinks

- Water
- Semi-skimmed milk
- Sugar-free squash

Yoghurts

- Fromage frais
- Plain or fruit yoghurt - low fat/low sugar varieties.



Dental implants

Want to secure one or more false teeth into place? Then dental implants could be the answer you have been looking for. Implants are a well-established dental method, with 95% lasting many years, provided they are cared for correctly. Setting an implant requires a small operation, using local anaesthetic or sedation, where a titanium rod is set into the jawbone, which the false teeth are then fixed to. For further information, please speak to a member of our team who will be happy to help.



Is your child smiling? by Dr Gurpreet Singh

With growing concerns about the future of dentistry within the NHS, it is vital that children attend the practice regularly to monitor the treatment of their teeth. Having worked in Hadleigh for three years, I am aware of how important a high standard of preventative care is for all children. At this practice, we believe children should be seen every six months for regular check-ups for decay, however this may not be possible in the future due to government targets. The dentists are therefore appealing that parents reduce the frequency and access of sugars that will cause decay.

Parents are advised to:

- Read labels to evaluate the quantity of sugar and the hidden sugars in some foods and drinks
- Bring children in for regular check-ups
- Supervise your child's brushing day and night
- Encourage fresh fruit as a snack instead of potential sugary snacks that can harm teeth
- Reduce the number of sugar attacks in a day.

Give your children the best start in life with a healthy smile, not toothache!