

Word Of Mouth

Produced to improve your dental health and awareness

Autumn 2006

fromthedentist

Getting It Done!

Autumn's the time

There's a saying that if you want something done, ask a busy person... but ask them in the autumn! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Christmas? Now's the time to book your teeth whitening appointment.

Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

Yours in good dental health,

Dr. David Africa

turnthepage

Amazing before & after smiles!

What makes a difference for every man?

Cancer alert: you should be aware!

Your Future Is Bright & Clear!

Two technologies that may be just right for *your* smile

Whitening At Its Best

We are proud to announce that we now offer the radical in-office whitening system called Zoom!™ It's safe, effective, and very fast. It's ideal for anyone looking for immediate results, and it's the perfect choice for the busy individual.

The Zoom! procedure is simple. It begins with a preparation to isolate your lips and gums. We then apply the special Zoom! gel which is activated by a specially designed light. You will be amazed with the results!



Fact:

Teeth whitening is the highest-demanded dental procedure for patients aged twenty to fifty.

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Invisalign® Keeps Your Secret

We are one of the first practices to offer Invisalign®, one of the most advanced components of adult cosmetics. It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners. Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. No metal wires! No food restrictions!

Adults account for nearly 25% of all orthodontic patients! The most common problems? Crowding, spaces, and protruding teeth. After consultation, we take an impression of your teeth and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can even view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

If you're inspired and think you're a candidate for Zoom! or Invisalign, please phone us for a consultation. We want you to feel happy and confident about your smile!

We welcome new smiles!



Men's Health Not Improving

Better oral health can make a difference

Research conducted in the United Kingdom suggests that men's health has not improved since the 1970s, and heart disease is still the leading cause of death for men in North America where a third of men with diabetes don't know that they have it, and men are twice as likely as women to develop oral cancer. What does this have to do with dentistry? Plenty – because more men than women have gum disease, and gum disease has been linked with oral cancer, heart disease, diabetes, kidney disease, and Alzheimer's. Periodontal disease can be prevented and controlled with regular brushing and flossing as well as regular visits to our practice.

Good oral health and a healthy lifestyle that includes exercise and excellent nutrition can go a long way toward keeping men – and their families – healthy.

BIG...BIG...BIG

Sometimes it's the smallest things that pack the biggest wallop. For example, improving a very minor smile flaw can result in a big gain in self-confidence and make a difference in how you are perceived by others. Today, dentistry can restore your self-assurance – and your biggest smile – with non-surgical cosmetic makeovers. Here are some proven techniques that can provide big results. So, please – don't hide your smile. Instead, let us help you to pick the best strategy for your unique smile!

Teeth whitening removes stains on enamel & lightens pigmentation by up to 8 shades with our supervision. Whiteness depends on the degree of discoloration & whether your teeth are dimmed by ageing, food, nicotine, or root canal treatment. The process is safe, speedy, & dependable.



Metal-free filling materials create an appealing & natural look. They are strong & durable, & can look as good as – or better than – your own teeth!



Translucent **veneers**, **bonding** materials, and non-metallic **crowns** can conceal many imperfections. Are your teeth stained, worn, chipped, or cracked? Look totally natural with any of these custom-made restorations. Are your teeth slightly crowded, uneven, or irregular? We can re-fashion your smile ...without braces!



CANCER ALERT

A Brazilian study has linked oral cancer with the regular consumption of foods high in animal fat and saturated fat, including bacon, cheese, pork, and fried foods. Although people who smoke or use smokeless tobacco remain at highest risk for oral cancer, experts estimate that about 35% of cancers can be linked to diet.

We already know that...

- poor nutrition can negatively affect your immune system's ability to resist disease;
- decreased intake of vitamins and minerals can lead to mouth sores and a breakdown of gum tissues which can contribute to oral cancer;
- a diet high in starch or sugar promotes tooth decay.

We perform an oral cancer exam on all adult patients in our practice at each recall visit. We'll show you how to conduct a self-exam at home.

the truth

About Craniomandibular Dysfunction

What Is Craniomandibular

Dysfunction? CMD describes a collection of symptoms which occur when the chewing muscles and jaw joints do not work together correctly. It is also called Temporomandibular Syndrome or Temporomandibular Joint Disorder (TMD). By including a reference to the cranium or head, CMD evokes the relationship between the jaw, its joints, and the muscles and nerves of the face and head.

What Causes CMD?

The temporomandibular joints are at the ends of your jawbones, just in front

of your ears. They attach your jaw to your skull. Muscles that attach to both the bones and joints allow you to open and close your mouth. Any problem which interferes with this complex system may result in Craniomandibular Dysfunction.

What Are CMD Symptoms?

Clicking or popping of the jaw joints, pain in or around the jaw joints, and locking or limited opening of your mouth can be associated with a jaw problem. However, muscle spasms can create other symptoms that are less obviously bite-related and include...



How Can We Help? After a thorough examination and discussion of your symptoms, we will review dental treatment options with you, including stabilising your bite to relieve any strain.

COOL



CLEAR

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water - or about 8-10 gallons. The specific percentage varies for each individual.

WATER

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralising tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.

The ABCs Of Brushing

Kids' good habits last a lifetime!



By the time kids start walking, they can start learning the ABCs of brushing. If they learn that brushing and flossing are fun, they'll develop good dental habits for a lifetime.

Toothpaste Choices

Choosing the right toothpaste is a good place to start. It's a good idea to use a pea-shaped amount of a mild-tasting toothpaste. Try some kid-friendly, kaleidoscope coloured pastes – some are even flecked with sparkles! Just make sure your

little ones don't eat the whole tube. Remember that fluoridated pastes should be kept where kids can't reach them without your help.

Toothbrush Shopping

Next, take your child shopping to pick out a fancy kid-sized brush. At home, set up a little stool so your child can look in the mirror "eye to eye" and reach the faucet without stretching.

The Benefits

By age six or seven, children are old enough to brush twice a day on their own. If you've made it a high point in the day, they'll do it with pleasure! And, of course, they'll reap the benefits of a healthy habit and smile ... for a lifetime!

Brushing Technique

Brushing takes time to learn so go easy! Good brushing takes at least three minutes, which may test a child's fickle attention, so work up to three minutes gradually. Try brushing along with the kids and make it a game. A nursery rhyme can also help.

*Up like a rocket
Down like rain
Back and forth like
A choo choo train*

practiceinformation

Elm Dental Practice

Dr. David Africa

Dr. Michael McRae

1 Elm Road

Chessington, SURREY KT9 1AF

Practice Hours

Monday 8:30 am – 5:30 pm *

Tuesday 8:30 am – 5:30 pm *

Wednesday 8:30 am – 5:30 pm

Thursday 8:30 am – 5:30 pm

Friday 8:30 am – 1:00 pm

*Late appointments available

6:00 pm - 6:45 pm

Contact Information

Tel 0208 397 1990

Fax 0208 397 0222

Email elmdental@tiscali.co.uk

Web site www.elmdentalpractice.co.uk

Practice Staff

Jean Receptionist

Andre Practice Manager

Concillia, Fadzai..... Nurses



Forgot Your Toothbrush?

Chewing gum fights tooth decay

Eating lunch on the fly again without a toothbrush? Try chewing sugarless gum after a meal as a way to help fight tooth decay.

Research shows that sugarless gum helps to stimulate saliva – your body's natural tooth decay fighter. The best protection comes from chewing gum sweetened with Xylitol. The bacteria in your mouth cannot ferment Xylitol unlike other sweeteners that may turn into plaque and adhere to tooth surfaces.

In a study at the University Of Montreal, children were given gum with Xylitol over a two-year period. The results showed that children who regularly chewed the gum had a lower incidence of tooth decay than those who didn't. Five years later, they still had fewer dental problems than their peers. An Indiana University School Of Dentistry study found that the potential for tooth decay decreased by an average of 72% after patients chewed gum.

Chewing sugarless gum for just ten minutes after a meal significantly reduces the acid levels of plaque around or on your teeth. Saliva is your body's way of neutralising the bacteria in your mouth and re-stocking your teeth with calcium. Sugarless gum with Xylitol assists this process by increasing the amount of saliva your mouth produces.

Gum with Xylitol may be just the trick to tide you over on those brushless occasions. If you have any questions about your home care regimen, please ask us at your next recare appointment because while sugarless gum is a help, a toothbrush and some floss is still your best bet for cavity prevention!

