

Word Of Mouth

Produced to improve your dental health and awareness

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fromthepractice

With summer just around the corner many of you are about to take a much-deserved holiday. There's nothing like looking and feeling your best when you're enjoying life at leisure. Now is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home - the best way to avoid repairs.

You may also be considering some of the new cosmetic techniques. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just ask for a pre-consultation.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome summer than with a dazzling smile?

Yours in good dental health,

Dr. David Africa

We are pleased to announce our second location "Acute Dental Practice" will be opening soon. See back page for contact information.

Changing Priorities

Investing in yourself

Today's mature adults are investing in their own well-being. Updating your appearance with dentistry can often mean improving oral health and function. Here are answers to some commonly asked questions about cosmetic dentistry. You can improve self-confidence, appearance, and oral health! Please phone us for a consultation.

How do I remove stain and discolouration from my teeth? Supervised tooth whitening is a simple, quick, and affordable way to remove coffee, tobacco, wine, or medication stains, and even yellowing associated with ageing. Bonding and veneers can also brighten your smile.

How can I make my old fillings look more attractive? Metal-free porcelain, ceramic, or resin filling materials can make your smile look fresh, appealing, and natural! These materials can look as good - or even better than - your own teeth.

How can I repair worn, chipped, or cracked teeth? Translucent laminates or veneers cover flaws but reflect light like



natural tooth enamel. Custom-made by hand, they are micro-thin and look totally natural. Modern bonding materials and non-metallic crowns can also camouflage flaws.

How can I replace missing teeth? Completely natural-looking restorative bridges can span the spaces left by missing teeth, and dental implants can permanently replace one tooth or many.

How can I make my gumline more attractive? We can re-sculpt your smile and transform the appearance of too small teeth or an uneven gumline.

Cerec 3

Rapid restorations!

The Cerec 3™ computer restoration system allows us to restore smiles to perfection by creating exceptionally accurate and natural-looking restorations in just one visit. For example, to replace a metal filling with a beautiful inlay, the prepared tooth is scanned by a special electronic camera and its precise image appears immediately on a computer monitor right in the operatory. You can view the progress of the Cerec 3 machine as it mills an extremely accurate three-dimensional restoration from the scan. The precise restoration is then fitted and bonded to your prepared tooth ... all in less than an hour!

A beautiful, perfectly natural looking Cerec 3 restoration is almost as strong and long-lasting as natural tooth enamel. Talk about an amazing technology for your amazing smile!

We welcome new smiles!



Fight Oral Cancer

Show & tell

Is that a piece of food caught in your teeth? *Made you look!* And a good thing too. Sometimes patients are so nervous about what they'll find – especially oral cancer – that they just don't want to see. But visual monitoring is essential for early cancer detection. It's important that you check your mouth and let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

With early detection, most oral cancer can be cured, yet 70% are identified at an advanced stage. That's why we always check your tongue, lips, cheek lining, and gums at every regular visit.

Screening for oral cancer is a team effort. We rely on you ... and you know you can count on us.

Success! What's *luck* got to do with it?

Lucky people smile twice as often and engage in more eye contact than unlucky people do. According to scientists, this leads to more social engagements, which in turn generates more chances for positive experiences. Cosmetic dentistry can give you the confidence to smile more ... maybe that's all the luck you need!

Whether you're looking to network socially or professionally, here are some cosmetic options...

- **Sparkle-up your smile** with teeth whitening. If you're considering

cosmetic dentistry for the first time, this simple procedure can produce striking confidence-building results.

- **Illuminate the shadows** with white fillings. Replace dark, older fillings with new natural-looking materials that can be matched to your enamel.
- **Generate a younger, more attractive smile** with bonding or veneers which offer value-added benefits! They can cover the deepest stains, repair cracks, chips, and rough edges, plus disguise gaps, re-proportion, and balance the appearance of your smile without braces.

- **Add strength and beauty** to your smile with natural-looking crowns. If your teeth have been weakened by root canal therapy, multiple fillings, or trauma, porcelain crowns will restore strength and improve appearance.
- **Create a more balanced and symmetrical gumline** with veneers or gum sculpting. Whether your gums have begun to recede or you have been longing to reveal the beautiful enamel under too much gum, we have a technique that will work for you.



crowns & veneers

veneers

gum sculpting & veneers

IN A HEARTBEAT

Prevent periodontal disease

Periodontal or gum disease has been called the *Silent Disease* because initially there are no symptoms. If your gums are red, sometimes bleed when you brush, feel tender, or look swollen ... these are symptoms of periodontal disease. If your mouth tastes unpleasant ... that's another symptom. If your gums have receded... you may have had gum disease for some time. Receding gums, and bone and tooth loss, are unattractive alternatives to healthy gums. But there's more at stake! Gum disease has been linked to cardiovascular and other systemic diseases.

⚡ **Studies have found oral bacteria from gum infections in arterial plaque, and have also shown that therapy for periodontal disease lessens inflammation throughout the body.**

⚡ **Poor oral health has been identified as a stronger predictor of heart disease than other risk factors such as low levels of good cholesterol, high levels of a clotting agent, and high levels of certain fats in the bloodstream.**

⚡ **Long-term and short-term studies continue to clarify the links between oral bacteria, inflammation, and systemic diseases.**

A recent American report has said that the mouth is the gateway to the body, that you cannot be healthy without oral health, and that oral and general health are inseparable. Together, we can prevent and sometimes reverse gum disease. Brush, floss, and keep regular preventive, diagnostic, and maintenance dental appointments.

Sjogren's Syndrome?

Saliva has been called the barometer of the body. Among many things, it can reveal cavity and gum disease risk factors. For some individuals, like those with *Sjogren's Syndrome*, it's the lack of saliva that creates challenges and discomfort when speaking, eating, and swallowing.

Sjogren's Syndrome is an autoimmune disease caused by inflammation in the glands of the body. Inflammation of the salivary glands can lead to mouth dryness which can lead to swallowing difficulties, dental decay, gum disease, and mouth sores. While Sjogren's Syndrome appears to be inherited, about 20% of adults experience *xerostomia* – or dry mouth – that can be triggered by more than 650 drugs and several diseases, and which appears in some menopausal women. Are you one of the 20%? Let us help.

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Good Habits...

Will keep your smile happy!

You know that excessive sweets and big second helpings aren't good for you. Neither are dental cavities. If you really have a sweet tooth, try to remember that cavities don't respect age or attitude... only good habits. Once you get into a routine, you may not need to worry about cavities again!

- 1 **Brush** at least twice a day – to remove food and plaque film from your teeth, gums, and tongue.
- 2 **Floss** once a day – to remove the plaque film from between your teeth where your toothbrush can't reach.
- 3 **Rinse** – plain water can be a great help after snacks or meals when you simply can't brush. It helps saliva, your natural buffer, to keep cavity-causing bacteria to a minimum.
- 4 **Visit us** – your dental team – regularly. Prevention is the best way to keep cavities away.

Keep Your Secret!

Invisalign® Express

We are one of the first practices to offer *Invisalign® Express*, one of the most advanced components of cosmetics for teens and adults. It's a new, less expensive, yet proven method for correcting minor orthodontic problems like crowding and spacing. Invisalign uses a series of custom-made, nearly undetectable aligners. Since the Express system is designed for mild problems only, treatment time is usually less than six months.

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! Many benefits!

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



What can you expect with Invisalign Express?



- They are invisible - no one can tell they're being worn.
- You can *really* smile at parties, weddings, and on dates.
- They are simple to put on and take off.
- You can eat and drink just like normal while in treatment - just remove the aligners.
- They are comfortable - no metal wires or sharp brackets.
- You can wear them playing sports and woodwind and brass musical instruments.
- If you lose an aligner, it can be reproduced.
- Treatment is finished faster with fewer appointments.
- Biocompatible material decreases allergic response.
- Using virtual technology, you can see your straight teeth - in advance!

practiceinformation

Elm Dental Practice

Dr. David Africa

Dr. Michael McRae

1 Elm Road

Chessington, SURREY KT9 1AF

Practice Hours

Mon/Tue 8:30 am - 5:30 pm *

Wed/Thu 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

Andre Receptionist/Practice Manager

Concillia, Fadzai.....Nurses

Acute Dental Practice (Crawley)

Dr. Ayub Pangarker

Dr. David Africa

Jacqui - Receptionist

Tel - 0129 342 8342

www.acutedent.com



No More Drill

HealOzone's gentle touch

We now offer the revolutionary *KaVo HealOzone*, a gentle, effective decay treatment that offers a healthy alternative to the drill... without pain or side effects!

How does it work?

■ Porous carious enamel and dentine can absorb ozone, an oxygen derivative.

■ Ozone deactivates 99.9% of the bacteria in 20 seconds.

■ Remineralisation can take place in only 4-12 weeks.

What can you expect?

■ A controlled amount of ozone is applied to the cavity for up to 40 seconds.

■ A special *reductant* fluid application promotes immediate remineralisation and eliminates ozone residue.

■ You go home cavity-free and smiling!

Tasty Tactic For Decay

A natural alternative

For years we've been taught that our best defence against tooth decay is fluoride. In test after test, fluoride has shown itself to be an excellent cavity fighter. It can actually make the protective shield on the surfaces of teeth stronger and more resistant to bacterial attack. But fluoride is not for everyone.

GC Tooth Mousse is a new safe and natural alternative for patients who do not wish to have fluoride treatments. Derived from the milk protein casein, Tooth Mousse works by neutralising acidic saliva, one of the main causes of tooth decay and erosion. It re-hydrates and rebuilds early enamel decay and stops the progression of decay often eliminating the need for a filling.

So whether you choose strawberry, melon, mint or tutti-frutti, Tooth Mousse provides a tasty way to protect your teeth.