

# HILTON DENTAL PRACTICE NEWSLETTER

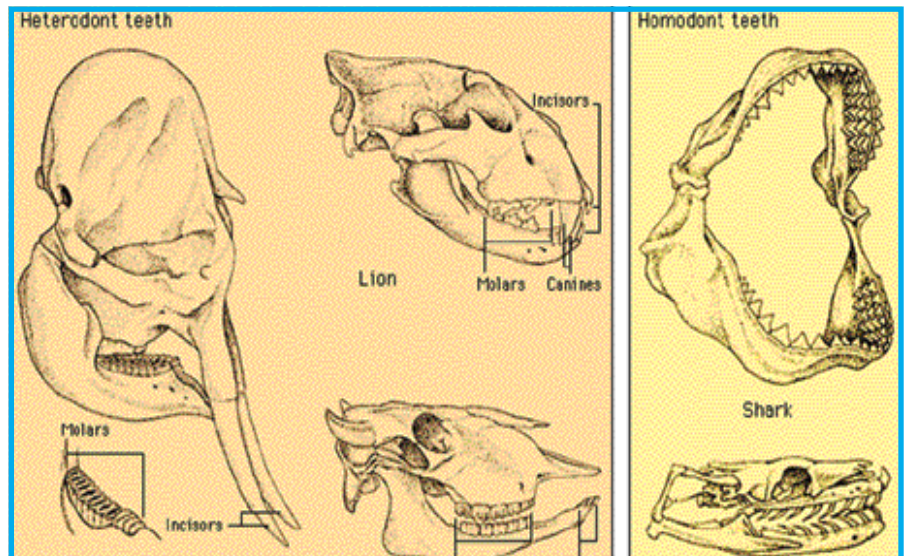
2 HILTON STREET, ABERDEEN AB24 4QX, TELEPHONE: (01224) 486817

Welcome to our practice newsletter. Thanks to those of you who have commented on previous newsletters - we are glad you are reading them.

We hope to be able to provide you with information on a variety of topics to supplement the advice we give when you visit the practice.

As always, we would appreciate feedback from you and don't forget to ask if you have any questions on the articles.

Past newsletters are available from reception, already practice members have been calling in to collect extra copies for family and friends.



## Top Ten ways we can improve your Dental Appearance

1 If you think that your teeth are too dark or discoloured we can lighten them by bleaching. This is a simple treatment carried out at home, is pain free and can produce amazing results.

2 Unsightly or misshapen teeth can be disguised to make them blend in with your other teeth using veneers.

3 Do you have crowns on your front teeth that don't match your other teeth? We can replace them with natural looking metal-free porcelain crowns.

4 If you have old, stained fillings that are visible when you smile, we can make them almost invisible with tooth-coloured composite restorations.

5 Large old silver fillings can be replaced with tooth-coloured restorations - white fillings or porcelain inlays.

6 If you have missing teeth the spaces can be filled with bridges.

7 Do you have a denture which looks or feels false? We can produce natural looking cosmetic dentures for an improved appearance and bite.

8 Are your teeth stained or your gums red and swollen? We can improve their appearance with periodontal treatment and polishing.

9 If your teeth are out of line we may be able to provide orthodontic treatment (braces) to improve your smile.

10 Are the tips of your teeth uneven? We can painlessly, without an anaesthetic re-contour the tips of your teeth to improve your smile.

## Practice Hours

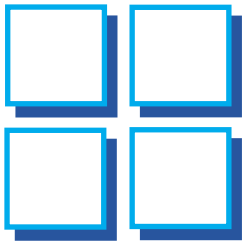
Mon	09.00	-	17.30
Tues	10.00	-	19.00
Wed	09.00	-	17.30
Thur	09.00	-	17.30
Fri	09.00	-	17.00

AUSTRALIA HAS 500 HYGIENISTS,  
THERE ARE ONLY 10 IN AUSTRALIA, BUT  
170,000 IN JAPAN!!!



Denplan

TRIALS ARE EXPECTED TO TAKE PLACE IN 2002 ON A MOUTHWASH TO PREVENT DECAY. IT WORKS BY GENETICALLY MODIFYING STREPTOCOCCUS MUTANS - A WELL KNOWN DECAY CAUSING BACTERIUM. IT IS ESTIMATED THAT A 5 MINUTE APPLICATION WOULD COST AROUND £100 - BUT WOULD LAST A LIFETIME. !!!



## A Cure For Toothache????

Whilst on holiday, I spotted in an antiques shop: Woods of Plymouth Areca Nut Toothpaste, 6d (old pennies), circa 1900.

Description on the dish: “for the removal of tartar and whitening of the teeth without injuring the enamel.”

Interesting to note that over 100 years ago, people were buying products for whitening teeth! We now know that areca, or beetle nuts can cause mouth cancer.

On the same trip, an exhibition in an Elizabethan Town House told horrid tales of cures for toothache: “roast newts and fern beetles, grind to a fine powder and apply to the tooth. Do not rinse out.”

This was one of the least unpleasant remedies used at the time! Our advice of course: if having problems, arrange to see Jonathan or Moyra, who promise to use 21<sup>st</sup> century treatments!!!

*Donna*

IN 1998, 87% OF ADULTS HAD SOME NATURAL TEETH. BY 2028, IT SHOULD BE 96%. ALMOST 1 IN 3 YOUNG ADULTS NOW

## Time out for Training

Jonathan and Fiona have attended an update course on current Cross Infection Control issues. This has helped to ensure that we are doing all we can to provide a clean and safe environment for our patients and ourselves.

Moyra, Jonathan and Donna (our hygienist), attended a refresher and update course on Periodontics. This is the study of the gums and tooth supporting tissues. The course looked at modern strategies for the treatment of gum disease. We all came away with an increased knowledge of this complex subject.

## Beat Bad Breath

I was surprised to read that bad breath, or HALITOSIS, to give it its proper name, is estimated to affect up to 95% of adults on a regular basis. Certainly, most of us have the occasional problem. However, we are not always aware of it, as it is difficult to judge our own odour. There are also a lot of people who actually overestimate the problem and are worrying unnecessarily.

The odour is caused by foul smelling gases called Volatile Sulphur Compounds. These are released when microorganisms, such as plaque bacteria, which coat our teeth and gums, break down proteins. Food and drink such as garlic, onions and coffee can contribute to the problem.

Smoking is one of the main causes of bad breath. We can usually tell if a patient smokes by the distinctive odour. This is due to the build up of tar, nicotine and other noxious substances on the teeth, tongue and cheeks. It also dries the mouth, which can make the odour worse. Some mouthwashes containing alcohol can have a similar drying affect.

In the majority of cases, halitosis can be prevented by keeping our mouths as clean as possible each day in order to reduce the build up of bacteria and stagnating food particles.

Teeth should be thoroughly brushed twice a day, spending around 3 minutes each time. Our tongues also harbour a lot of bacteria, especially near the back. Try to brush your tongue gently with a brush dipped in non-alcohol mouthwash. With practice, you will be able to reach further back. Plastic tongue scrapers are also available.

Probably the most common site for bacteria and trapped food is between the teeth. Deposits also build up easily around the edges of fillings and crowns and even on and around dentures. Unless cleaned away daily, bad breath may develop. Those of you who are already using floss or other aids to clean between your teeth will know that there are a lot of deposits in there that the toothbrush leaves behind. You can even smell the offending odour on the dirty floss - not pleasant I know - but it can help you identify areas that may be causing halitosis.

Please ask us for advice. We can help to find the cause of the problem. We can also help you choose the best oral hygiene products for your mouth, such

as floss or brushes, and demonstrate how to use them effectively.

*Donna*

IF YOU SPOT LOGOS OF THE BDHF (BRITISH DENTAL HEALTH FOUNDATION) OR BDA (BRITISH DENTAL ASSOCIATION) ON A DENTAL PRODUCT, THIS MEANS, “THIS PRODUCT HAS BEEN CLINICALLY AND SCIENTIFICALLY TESTED AND A PANEL OF DENTAL EXPERTS HAVE CONFIRMED

## Goodbye

Nothing stays the same forever and there are some changes taking place at the practice at the moment. Julie, who I am sure you all know, is moving on. Julie has been with us for three years now and we have seen her grow into a very confident and mature dental assistant whom the whole practice will miss. We wish her well in her new job.

*Everyone*

62% OF THE US POPULATION DRINK FLUORIDATED WATER.

## Feedback

We are all proud of our work and strive to continue offering high quality treatment and advice.

However, like any other organisation, we cannot be perfect all the time and if you feel we have let you down in any way, please let us know and we will do our best to try to resolve the situation.

We are always open to suggestions and constructive criticism and would be pleased to hear from you.

Newsletter Edited  
by Donna Riddell  
& Jill Mitchell