

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.



IT IS ESTIMATED THAT IF THE PEOPLE IN THE UK CHEWED 3 STICKS OF SUGAR-FREE CHEWING GUM A DAY, AROUND £244 MILLION COULD BE SAVED PER YEAR FROM THE RESULTING DROP IN DENTAL CARIES. (WHAT ABOUT THE COST OF CLEANING IT OFF THE PAVEMENTS? - ED.)

Sugar is good for you!

Sugar was used as a medicine by the Greeks and Romans and even became a luxury food for the French who sprinkled it on all their food including cheese. However, it has now become a bulking and thickening agent for our modern diets. It is added to foods such as tomato ketchup, baked beans, soups and many convenience foods. Unfortunately, our palates are conditioned to seek out these sweet foods; it is a guide to safe food as there are not many substances in nature that are sweet and poisonous. The more we consume, the more we start to crave sugary foods that are usually highly processed and have stronger flavours than fresh foods. When refined sugar is added to food, it dilutes the nutritional value of that food, as it has no protein, vitamins or minerals. There is also more sugar in processed foods as a whole. For example, a medium banana contains 15-grams of sugar while a small 50-gram bar of chocolate contains 30-grams.

Part of the carbohydrates food group they can be simple (processed/refined sugars and fruit sugars) or complex (starches from rice, grains, etc). Processed sugars raise blood sugar levels rapidly and are broken down easier by the bacteria in our mouths. The acid they produce as a by-product leads to erosion of the tooth structure and decay. The more natural sugars are complex in their structure and release their energy slower in the blood stream. This slower release provides us with a more sustained source of energy throughout the day and avoids the "sugar rush" some people experience and which often leads to a higher intake of these processed sugars.

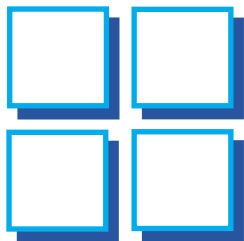
However, simply eating more natural sugars is not an excuse for not cleaning your teeth. Oral bacteria can still digest them and lead to decay, however, the potential to cause tooth damage may be lower. It is this potential for damage that specialists in tooth decay and diet are focusing upon. Tooth decay is influenced by many factors, not just sugar intake. If regular and efficient tooth brushing with fluoride toothpaste takes place, diet becomes less of a factor. In addition, less emphasis is being placed on "bad" foods and more on "bad" diets as a whole. "Good" diets with less refined sugars may not just be good for your teeth but healthier altogether.

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



Denplan



If in doubt, Get checked out!!!!

Many people have never heard of mouth cancer, yet it kills around 1700 people in the UK every year. That is around one death every five hours.

It has a higher proportion of deaths per number of cases than breast, cervical and skin cancers. There has been a shocking 23% increase in cases in the past 5 years. The chance of survival after five years is around 50% but can be nearer 80 - 90% if caught early. Sadly, these figures are not improving.

The main risk factors are smoking or chewing tobacco (i.e. betel quid, gutta and paan) and alcohol consumption, with both factors combined leading to a very high risk.

It is more commonly found in those over 40 years of age. However, an increasing number of young people, including those who's lifestyles do not include the major high risk-factors, have been found to have the disease.

Numbers are increasing particularly in young women, perhaps attributable to the high numbers of smokers in this group. At a recent lecture in Aberdeen we were shocked to learn that it has **now even been found in teenagers.**

Mouth cancer is one of the simplest and quickest cancers to screen for. Dentists routinely provide oral cancer screening at your dental health examination appointments. They inspect the soft tissues of the mouth including the insides of the cheeks, the tongue, the floor and roof of the mouth. As dentists are doing this every day they have a good eye for anything unusual. They are looking for red or white patches, lumps, ulcers and sores. Most often it is possible to find an explanation for these areas

but if necessary, the patient will be referred to a specialist at the hospital for further investigation.

What can you do to reduce the risk???

First of all, cut down on smoking and drinking. Attend the dentist at least yearly for screening. Those who wear dentures and have no natural teeth appear to be a lower risk but should still attend every two years for screening. Wear a lip salve with sunscreen to protect your lips. As with most cancers, a healthy diet with plenty of fruit and vegetables will reduce the risk.

If you find any unusual lump, red or white patch, sores or ulcers that won't heal, have them checked out by your dentist. **Anything that persists for more than two weeks should be checked.** For more information visit www.mouth-cancerawareness.org. Remember, it is **important to catch cancer early!!!** Your dentist will be pleased to help.

GERMANY ONCE PRODUCED
TOOTHPASTES THAT WERE
RADIOACTIVE.

Web Wisdom

I'm sure many of you enjoy using the internet and I hope some of you will find the following dental websites of interest.

www.dentalhealth.org.uk is the website of the British Dental Health Foundation. The BDHF is a leading UK based charity working to bring about improved standards of oral healthcare and awareness. The site provides loads of useful information on many dental related topics and in easy to understand language. It includes a free Helpline and links to other useful sites.

www.dentalwisdom.com gives information in the form of diagrams, pictures and animations on many aspects of oral hygiene and treatments.

76% OF PEOPLE SURVEYED SAID
THEY WERE NOT CONFIDENT SMILING
FOR A CAMERA - REASONS INCLUDED
IRREGULAR AND DISCOLOURED
TEETH.

SOLDIERS WERE ORDERED TO
USE BRONZE TOOTHPICKS TO
CONTROL THEIR BAD BREATH IN
THE FAR EAST IN 536BC.

Time out for Training!!!

I am proud to let you all know that I have achieved a merit award in the BTEC Advanced Dental Reception course that I have recently completed.

The course was in an open learning format and with working full-time as well, it was quite a lot of hard work. However, I was helped greatly by motivation and support from everyone at the practice.

I have enjoyed the course and have gained a lot of knowledge and experience from doing it and hope that it will continue to aid me in the smooth running of the practice.

Jill

Congratulations from Moyra, Jonathan and the rest of the team



INVESTORS IN PEOPLE

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

NEWSLETTER EDITED
BY DONNA RIDDELL
& JILL MITCHELL