

HORSLEY DENTAL SURGERY

SUMMER NEWSLETTER 2014

Gum Disease and Health Problems

Did you know that gum disease isn't just bad news for your teeth, it's also linked to serious health problems in other parts of your body?

Gum disease increases your risk of all kinds of other health complications, including stroke, diabetes and heart disease.

Chief Executive of the British Dental Health Foundation, Dr Nigel Carter, explains: "The link between oral health and overall body health is well documented and backed by robust scientific evidence. Despite this, only one in six people realises that people with gum disease may have an increased risk of stroke or diabetes. And only one in three is aware of the heart disease link.

Gum disease is an inflammation of the soft tissues that support the teeth and can lead to bone loss. It is mainly caused by bacterial toxins from plaque build-up. In some patients who are susceptible to gum disease, the body over reacts to the bacteria in the plaque around the gum margin causing a lot of inflammation. The result of the intense gum inflammation is that it also could affect the bloodstream and is believed to slowly damage blood vessels in the heart and brain over a long time period.

The good news is that brushing your teeth properly, looking after your gums, in addition to visiting the hygienist can prevent and treat gum disease, improve your overall health and help reduce your risk of health problems, such as heart disease.



**IN MEMORY OF
ANNE MCCARTHY
MANY THANKS TO ALL
OUR PATIENTS FOR
HELPING US RAISE
FOR
PRINCESS ALICE HOSPICE
AN AMAZING
£1151.34**

Training Courses

Here are just a few of the training courses team members have undertaken recently:

Prevention & Control of Infection

Claire, Sally, Kim, Judy, Bev and Louise have all just completed a new qualification in the prevention and control of infection and have all passed with flying colours.

General Dental Council Standards

Louise & Judy have been on an update on GDC standards and have passed their knowledge onto the rest of the team.

Vulnerable Adults

The 2 Louise's have just completed the Safeguarding of Children and Vulnerable Adults level 3 certificate,

Defib Training was undertaken by all team members.

Updates on Radiography, Medical Emergencies, Mouth Cancer, Decontamination, Legal & Ethical Issues have been completed by all team members either on day courses or via online training.

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Dental Fun Facts

- Elephant's molar tooth weight is nearly 4 kilograms and almost 7" square.
- In Germany, at Middle Ages, it was believed kissing a donkey was the only treatment for painful teeth. (interesting!)
- Ancient Greeks were the first to invent dental pliers
- In United States, the first woman to get a dental degree was Lucy Hobbs, from Ohio college of Dental surgery in 1866.
- Sharks have three rows of sharp teeth in both of their jaws; actually, a shark can change almost forty sets of teeth in its entire life.
- Enamel covering crown of your teeth is the hardest tissue in your entire body.
- Most people prefer to use blue toothbrushes than the red ones!
- Unlike humans, when a crocodile loses a tooth, another one grows to replace the old one. Really, it is a natural born killer.
- Your dental plaque contains more than three hundred species of bacteria. (yuck!)

Medical Conditions

It is really important for patients to inform the Dentist or Hygienist of any changes to their medical history such as, changes in medications, hospital treatments etc. Furthermore it is also important for patients who suffer from acute attacks such as Asthma and Angina to carry their medication with them at all times.

Updating Personal Details

Please inform us if you change your address, phone number or email address.

Dental Emergencies

Please call at the beginning of the day if you are suffering with pain to give us the best opportunity to offer you an on the day emergency appointment.

Answering Phone

When our receptionists are dealing with patients or on another line we ask patients to leave a message on the answering service and they will get back to you as soon as they possibly can.

Facial Rejuvenation

We have been offering this line of treatment for a few years now and have had some really fantastic yet subtle results.

We offer frown line, forehead and crows feet softening and eye brow shaping. This is achieved by gentle injectable treatments. Our patients range from 25 years to 70 years and they have all said how subtle yet transforming this has been for them.

We can assure you that treatment is discreet and completely confidential.

All our team are happy to discuss treatment with you or should you prefer to speak with either Claire or Louise please just call and we can arrange a free consultation.

