

CENTRAL DENTAL

Whiter Than White

The use of Tooth Whitening in Caries Control

By Katie Rogers

As if you needed an excuse for lovely white teeth there is now evidence to suggest that tooth whitening can actually help with the prevention of caries. The whitening gel that you might receive from your dentist is usually Carbamide Peroxide. Studies where patients have been using 10% carbamide peroxide with custom made trays, nightly, have shown an actual decrease in plaque. Patients have even said that their teeth feel "squeaky clean" after using this whitening.

"Here's the science bit..." "The carbamide in the gel actually kills one of the bacteria that causes tooth decay and inhibits the growth of the other. This carbamide is further broken down into ammonia, which raises the pH of saliva, thereby actually helping with the prevention of enamel erosion. It also stays effective for up to 10 hours. **Can I get this from my local store or the whitening places I see in the shopping centers?**

Over the counter and the whitening 'pop-up' shops we've come to see in a lot of shopping centers contain hydrogen peroxide. This has an adverse effect, lowering the pH, which can damage the enamel.

These places are also illegal and often cover no insurance etc. Please ask your dentist if you have any concerns in which whitening product is available to you.

The use of carbamide peroxide for caries prevention has been used in many establishments, for example, care homes, where patients are unable to maintain good oral hygiene easily. The patients are provided with custom made trays and whitening gel applied nightly and studies have shown a decrease in dental caries in these patients.

Older patients, those who suffer from "dry mouth" and patients that have been through chemotherapy will find that suffering from a reduced production of saliva will increase problems with dental caries. The reduction of saliva increases the acidity in the mouth which then causes enamel to be eroded quicker. In such patients the use of carbamide peroxide has proved to be very beneficial.

So we now know that whitening can reduce plaque and reduce enamel erosion as well as giving you a lovely white smile. So why not ask your dentist today to find out about the whitening options available to you.

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Filling Offers

Buy Two White Fillings
Get One Free*

Hygiene Package

30 Minute Hygiene £35.00
and get Airflow Stain
Removal for £11.00
*Saving £22.00

Out Reach Groups

Did you know that Central Dental has a program to visit out-reach groups?

Our dedicated team visits community centres, religious groups & schools to educate people on good oral hygiene. If you would like us to make a visit:
call on 01332 202200

Thank you to those who got in-touch to book a school visit, these visits have been successful and you can read about them on our Facebook

**Terms & conditions apply please call the practice for further details*

For further facts on tooth whitening please visit <http://www.bda.org/whitening>

Koshal's Korner

But I filled this in last time... ..

A phrase I hear every day and I've caught myself saying a few times. So why is it that we ask you to fill these in every checkup? Haven't we all got enough paperwork?

Well aside from the fact that we are required to do so by legislation, there are 2 reasons:



1. Some medical conditions and medication can have a negative impact on oral health. Examples of these are: dry mouth, increased ulcers, increased decay and gum disease and it goes on...

Once we are aware of this, your team will factor this into your treatment and on occasion liaise with your GP/Consultant to make them aware of the oral impact and factor this in during your care.

2. So we can respond appropriately to any unlikely emergencies that may occur. As with a lot of medical emergencies, their signs and symptoms can sometimes be similar. Though all our members are trained to deal with these situations, knowledge of a pre-existing condition and therefore more likely the cause of the emergency, can point us in the right direction sooner. Further, if we need to liaise with paramedics, we can inform them of your pre-existing condition to help with any after care.

Okay, so we all get it, but it takes a long time. There must be an easier way!

I know, I know. If you knew what work has to be done to get the forms and archive after you treatment, you too would see how frustrated we are. We are currently working with a software provider to email these forms to you and allow on-line completion that will integrate with your file.

Regular patients of the practice will see that we have already introduced e-signature pads whilst we're working towards this.

In the mean time we are emailing you these forms so you can put the kettle on and fill these in with all the information you need to hand – can anyone spell half of these names from memory? The forms are also available from our website, along with other information leaflets – please feel free to browse!

Psst!: We can only send you information via email if you give us your email address. You can email us this through the website or tell the team when your next in!



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Any questions about teeth, gums, or general dental health you want to know the answer too, will be here every quarter!

If there is any question you want answering then please email info@centraldentalderby.co.uk

we will answer your email and give general advice in our next newsletter.



Announcements

Central Dental would like to give a big warm welcome to our newest recruits.

Nina Thomas (Full Time Dentist)

Alice Wheeler (Trainee Dental Nurse)

Phoebe Clarke (Qualified Dental Nurse)

Julianne Kinder (Receptionist)

We wish you every success & welcome to our team. if you see them in the practice give them a big Derby welcome! There newbie's and still a little shy

Farewell

Elena Marcos Benedi (Dentist) who has left Central Dental for pastures new, we wish you all the luck in your new position!

Birthdays Wishes

April – Amit Koshal, Terri Floyde, Alice wheeler, Nimisha Patel

Happy Birthday, hope all your wishes come true!!

From all the team at Central Dental

Congratulations

Amit Koshal

For successfully passing the

Good Clinical Practice Certification. In the near future Amit will be involved in

UK research to help develop national policies

Well done & Congratulations from all the team.



Birthdays, Celebrations, Weddings & New staff Members.