

CENTRAL DENTAL

Just Keep Smiling!

By Phoebe Clarke

At Central Dental we are very keen on keeping our patients smiling and to make sure that they keep their teeth as long as possible. To do this, oral hygiene needs to be as good as possible and bacteria need to be kept low.

There are many adverts around, saying that if you purchase their products then you can reduce your plaque levels. Not all of these products are as good as they claim and with most of them, they only work that well if you do other things as well. So at Central we want to help you out and give you some good, honest advice that will keep you SMILING!

The most important thing is to brush your teeth at least twice a day for a minimum of two minutes with a fluoride toothpaste. Once you have finished brushing we advise that you only spit out and do not rinse your mouth. This allows the fluoride to stay on your teeth for longer. We also advise an electric toothbrush as this removes more plaque than a manual one. With an electric brush you can just place it along the area slowly, letting the brush do the work. We sell both types of toothbrush at Central Dental and we can advise you on which size and softness is best for you.

We even sell two-minute timers.

You also need to make sure you are doing Interdental cleaning, which is cleaning between the teeth with either floss or brushes. Interdental cleaning between every tooth is important as this cannot be reached with an electric or manual brush (no matter what the advert says!). Your gums may bleed to begin with but do not let this put you off. Keep getting in there and it will soon stop. The reason they bleed is because there is plaque and bacteria in there that is being cleaned out when you floss.

We also advise using a non-alcoholic mouthwash that contains fluoride. The best time to use mouthwash is in between brushing so that you get regular doses of fluoride. This will help to keep bacteria levels low and help stop decay by keeping the mouth at a neutral pH level.

You also need to make sure that you keep coming to regular dental checkups. Another good idea is to see a dental hygienist, who can give your teeth a thorough clean and help advise you on oral hygiene. We do many offers on hygiene so give us a call today and we will be happy to help.

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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

Check out our Facebook and Twitter pages for daily riddles and information on offers and news

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

Koshal's Korner

Make Good Snacking Choices For Your Dental Health!

When it comes to snacking, we do not always make the right choices. In moments of weakness and hunger we often opt for a sugary snack. It may give us a bit of energy to get through our day, or just be a comfort during stress. Sugary snacks may taste great, but they are poor choices for our teeth and our bodies. Not only will the sugar cause tooth decay but it can affect us negatively in other ways as well. Sugar causes a "carb crash", making you feel tired after the sugar high wears off, can allow us to gain significant

amounts of weight if we are not careful. Smart choices are the key.

What Happens In Our Mouth When We Eat Sugar?

Our mouth is full of various bacteria. When sugary and starchy foods are introduced into the mouth the bacteria feed on the remains. The byproduct of this "feeding" is the production of acid. This acid over time will break this "feeding" is the production of acid. This acid over time will break down the enamel of our teeth leading to tooth decay. If you simply choose to eat healthy foods, then your chances of exposure to these acids is

these acids is reduced.

The key is to make smart choices when snacking. There are many types of snacks out there and not all are bad for us. Certain sweets are worse than others. These include the gooey and chewy sugary snacks, and the sour gummy type candies. The reason these snacks are so much worse is that they stick to the surface of the teeth lasting in the mouth and on the enamel far longer than other types of sugary snacks, the sour gummies also contain high acid along with the sticky sugars. The time of day is also important. Snacking late at night or just before bedtime will allow

will allow the sugar to remain in your mouth overnight. As your mouth dries out, saliva production and bacteria clearance decrease dramatically. A dry mouth with sugar residue will put you at an increased risk of tooth decay.

Practice good oral hygiene. Brushing and flossing following snacking will go a long way towards helping reduce our risk for tooth decay.

Best Snacks For Dental Health

-Fresh fruits and raw vegetables. The fruits can include oranges, melons, and pears. While vegetables can include broccoli, celery, cucumbers, and carrots.

-Whole Grains. This can include whole wheat, rye, pumpernickel bagels, baked tortilla chips, wheat crackers with cheese, and even some unsweetened cereals.

-Milk and dairy products. This includes milk, cheese, yogurt, and cottage cheese.

-Meat, nuts and seeds. This can include turkey, deli meats, sunflower seeds, pumpkin seeds, and various unsweetened nuts.



Snacking Tips For Good Dental Health

Let's be honest with ourselves, snacking is a part of who we are and those of you who see me know I'm a foodie! Snacking in moderation along with good dental hygiene will keep our teeth healthy as well as keep our weight down so we can be healthier overall.

A few key tips:

-Snack Wisely. Make the right choice more often than not. Get in the habit of choosing good snacks that are beneficial to our teeth and bodies. Avoid sugar when possible. Drink lots of water during and after snacking.

-Time Your Snacking. Avoid sweets between meals. If you do choose to snack between meals get in the habit of brushing and flossing following the snack to keep the acids at bay.

-Variety. Mix up your snacking to ensure we get a good balance of nutrition into our bodies.

-Maintain Dental Hygiene. Brush your teeth with fluoride toothpaste after snacks and meals. If you cannot brush and floss right away, vigorously rinse your mouth with water a few times to try to wash away some of the sugar from our mouths as well as counteract the acids.

Conclusion

The bottom line is to choose your snacks wisely. Your health as well as your children's depends upon it. Many snacks are better for children simply because they have the ability to promote growth and development.

Be aware that many "healthy" foods if overindulged in, without maintaining good dental hygiene, can still cause tooth decay. Adults and children need to get in the habit of brushing, flossing, and rinsing following snacking and having a meal. Your teeth and body will thank you for it in the long run.



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Koshal's Korner

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



Birthdays, Celebrations, Weddings & New staff Members.

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

Nina Farmer (Part Time Hygienist)
Helen Stoner (Full Time Receptionist)

We wish you every success & welcome to our team.
If you see them in the practice give them a big Derby welcome!

Birthdays Wishes
Natalie O'Donnell



From all the team at Central Dental