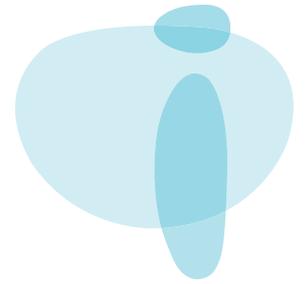


new smile



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Gaps left where teeth are missing can look unsightly and make you feel self-conscious when you smile. Your dental health can also be affected so it is good to be aware of the solutions.

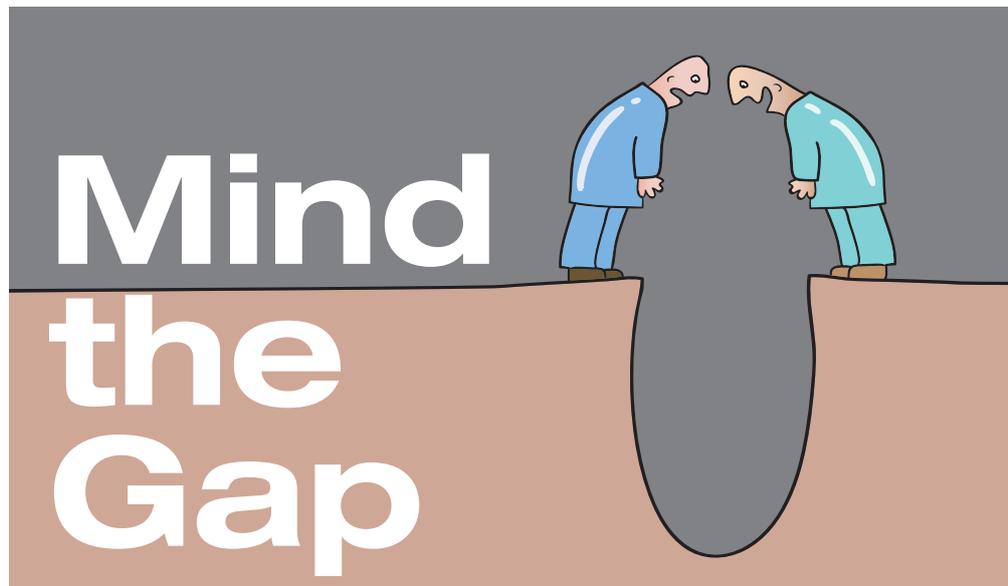
Essentially there are three ways of replacing missing teeth:

Dentures are the simplest option and the latest advances in dental technology mean that they can look very natural and be much more comfortable than in the past. A partial denture can be used to replace one or more missing teeth; a full denture is needed only when there are no teeth left in either the upper or lower jaw. Dentures must be removed for cleaning and should be taken out at night.

If you prefer a fixed solution and only a small number of teeth are missing, a bridge is an excellent option.

One or more replacement teeth literally 'bridge' the gap, being permanently fixed to the teeth on either side. We can advise as to whether a bridge is suitable for you after assessing various factors including the size of the gap and the condition of the surrounding teeth.

Essentially there are 3 ways of replacing missing teeth



Dental implants are the most popular choice, provided that you have healthy gums and a sufficient bone to support the implant. You can have any number of teeth replaced with implants – from one single tooth to a complete set. An implant is made of titanium and is placed directly into the jawbone - acting just like the root of a natural tooth. A crown, made to match your teeth, is then

fixed onto the implant and looks completely natural. There is no need for any preparation to the surrounding teeth - implants stand alone like natural teeth and never suffer from decay.

Dentures and bridges are generally cheaper and sometimes quicker solutions, but in most cases implants can give a better long-lasting result. Each gap is different and requires individual assessment. We are always happy for you to talk to us so that we can advise accordingly.



Jeremy Isaac BDS(Lond) LDS RCS(Eng)

Practice News

Welcome to this edition of our newsletter and many more changes in the practice.

It's our 21st Birthday! We hope that you will show your continued support for many more years to come. A wonderful birthday gift has been that our website has been awarded the 'Best Private Dental Website in the UK' at the Dentistry Magazine awards! Please do take a look at www.smilespecialists.co.uk - it is full of information about the treatments we offer, before and after pictures, and an online shop where you can purchase a range of items from oral health aids to tooth

whitening and facial rejuvenation products.

We welcome Sophie to the practice as our new hygienist. She will assist in the prevention and treatment of oral disease, promote healthy gums and give advice on oral health aids and techniques.

Christmas Offers

- ❄️ Anti-Wrinkle Treatment - from £150 [four areas for the price of three].
- ❄️ Treat yourself to a White Christmas with one of the many special offers we have on power whitening systems.

**Best wishes,
Jeremy and the team.**

 A little known fact... A smile is the most frequently used facial expression.

Would your best friend tell you?



One in five people believe that their partner has bad breath according to a new UK-wide dental survey – and the result was the same for both men and women.

Dr Nigel Carter, chief executive of the British Dental Health Foundation who commissioned the survey, commented:

“Bad breath can be a real turn-off for both sexes so it must be a worry that so many people are noticing it in their partners. With a further 42% revealing they have friends or colleagues with bad breath it seems that this is still very much a common problem. Although there can be other causes, such as spicy foods and certain medical conditions, most bad breath is the result of poor oral hygiene.”

With the survey's findings that the majority of people wouldn't risk their friendship by telling someone they had bad breath, it seems that people need to find out for themselves. Simply lick the inside of your wrist, leave it for a few seconds and then sniff. If the smell is unpleasant the chances are your breath is too.

Bad breath is a warning sign of gum disease and the earlier any problems are found, the more effective treatment will be. Regular dental hygiene appointments

are vital for all-round good oral health. We can see where plaque may be lurking between your teeth and are able to clean those tricky areas thoroughly. Stubborn stains caused by tea, coffee, red wine or smoking are removed so that your teeth look brighter. We also offer guidance on how best to clean your teeth and gums and show you any areas you may be missing, including your tongue.

It is important to establish your own routine at home - brushing twice a day with a fluoride toothpaste and making a habit of using interdental brushes or floss to clean between your teeth where the toothbrush can't reach.

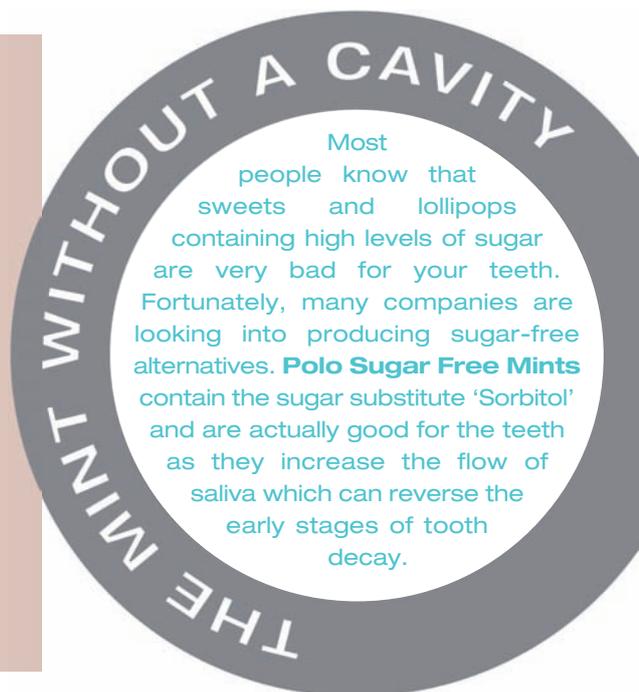
All in all, hygiene visits are a thoroughly good thing: Bright, clean teeth, stains removed, useful tips and the confidence that comes when you know your breath is fresh.



The tooth fairy

Typically, upon losing a tooth, children place the tooth under their pillow before going to sleep. In the morning they find a coin or a present in place of the tooth. But where did this tradition come from? The most commonly accepted belief is the fairy's development from the tooth mouse, depicted in an 18th century French fairy tale. In "La Bonne Petite Souris", a mouse changes into a fairy to help a good Queen defeat an evil King by hiding under his pillow, tormenting him and knocking out all his teeth.

The tradition is present in several cultures under different names and from differing origins. In Spanish-speaking countries, the character is a little mouse called Ratoncito Pérez. In Italy, Fatina the tooth fairy is substituted by a small mouse (Topino). Nowadays the primary purpose and benefit of the tooth-fairy myth is more about giving children a small reward and something to look forward to when they lose a tooth, a process which they might otherwise find worrisome. It also gives children a reason to give up a part of themselves that they may have grown attached to.



Handy household tip...

A good use for unwanted fizzy drinks: Pour them down the loo and leave overnight. Flush away in the morning and all stubborn stains will have been removed effortlessly by the acid. Do fizzy drinks still appeal in quite the same way?

Mouth Cancer One death every 5 hours

Early detection saves lives.

- Mouth ulcers that don't heal
 - White or red patches
 - Any unusual changes in your mouth
 - Smokers and drinkers are most at risk
- 'If in doubt - get checked out'**



Mouth Cancer Awareness Week
11-17 NOVEMBER 2007



British Dental Health Foundation