

Langmans Dental Health Centres

Should You Floss?

You may have seen the recent attention grabbing 'NO NEED TO FLOSS' headlines. The news stems from an Associated Press article entitled: "Medical benefits of dental floss unproven."

So, should you bin the floss?

Dentist, Dr Margaret McLoughlin gives us her view: At Langmans we see and treat daily the problems caused by plaque deposits left on the patients teeth and around gums. Plaque is a major contributor to gum disease, it generates acids that cause cavities, irritates and inflames gums, and can eventually lead to tooth loss.

To effectively remove plaque we recommend an electric toothbrush with a small round head and oscillating/rotating movement. For the spaces between teeth where toothbrush bristles won't reach we recommend interdental brushes for the best effective cleaning. For patients whose teeth are so crowded that the smallest brushes are unsuitable, flossing is in our opinion highly preferable to leaving plaque deposits to stagnate between the teeth. If you are unsure how to clean between your teeth please ask your dentist or hygienist.

So what about the article in the press?

The Freedom of Information Act request at the source of the story revealed that the quality of studies looking at flossing was relatively poor and the groups studied fairly small.



Be Mouth Aware

November is Mouth Cancer Action Month. Mouth Cancer is something we take very seriously.



Did you know that as part of every check up we undertake mouth cancer screening? Another reason why it's important to see us regularly.

Mouth Cancer can take many forms and can affect all parts of the mouth, tongue and lips. Three symptoms you shouldn't ignore are:

- Ulcers which do not heal in 3 weeks.
- Unusual lumps or swelling in the mouth, head or neck.
- Red or white patches in the mouth.

There are many other conditions that have symptoms that are similar to this so please don't panic if you spot anything but do come and let a professional take a look for you.

We will be supporting the blue ribbon appeal again this year and badges will be available to purchase from reception for £1



Patient Story

A patient recently joined the practice and was unhappy with the appearance of their teeth. The patient had two very old crowns and particularly disliked the dark line visible to the gum.



Following discussions with their dentist a treatment plan was agreed. The patient had teeth whitening to lighten all their teeth and then two new Emax ceramic crowns were made to match the gum line and cover the dark lines.



The patient was delighted with the results. If you have old crowns and would like to discuss replacing them please do talk to your dentist about the options.

Practice News

We are pleased to have Dr Justin Scrivens now working with us five days a week.



Congratulations to dental nurses Angie, Charlotte and Natasha who passed their final exams in the summer and are now fully qualified dental nurses.



Dental Nurse Faye has been promoted to Head Nurse working alongside Gemma in the Stratford Practice.



Dr Caroline Bell left us in August to work full time in her own practice. We wish her every success in this new venture.

Alex and Lauren joined us this summer as Trainee Dental Nurses.



Car Parking - Stratford

Despite the large sign in the car park, a sign on reception and a mention in previous newsletters the car park is still being misused by some patients.

The car park is only small and whilst made available for patients to use, we are a busy practice, so cannot guarantee that there will always be a space. Please do not block other cars in or park in unauthorised areas. There are a number of public car parks in very close proximity.

We have always stipulated that the car park is to be used for appointments only. Once your appointment has finished, you must vacate the car park immediately so that other patients who are coming to the practice for their appointments have space in which to park. Under no circumstances should any patient leave their car in the car park whilst they go to the shops or visit any other service which is not related to their appointment. This is viewed as unfair to other patients visiting the practice and also seen as abuse of the car parking system.

Please be considerate to others.



Missing Teeth?

Dental Implants are rapidly becoming the preferred treatment for patients seeking the best method of replacing missing teeth.



If you or anyone you know are unhappy with missing teeth or struggling with loose dentures book in for a free implant consultation and find out how we can help.

Meet the Arden Dentec Team

Our in-house dental lab situated on the second floor of the Stratford Practice has had a very busy first year.



Run by Gareth Langman (far right), the team is also made up of dental technicians Peter, Aleksandra and Anna.

Arden Dentec offers a complete range of denture services, same day repairs, bite guards and mouthguards.

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