

Langmans Dental Health Centres

Staff News



Charlotte and Danielle have joined us as trainee dental nurses working in the Stratford Practice. We are delighted to welcome them to the team.

We are very pleased to let you know that Dr Margaret McLoughlin gave birth to a gorgeous baby boy 'Callum' in March and Dental Nurse Helen had a beautiful baby girl 'Daisy' in May. They are all doing really well.



Dental Nurse Laura arranged a trek up Mount Snowdon in remembrance of her Pops, who sadly passed away last year from a condition many of us were unaware of, Idiopathic pulmonary fibrosis. Several members of the team joined her and together they raised over £2400.

Before & After

This patient had a gap in his smile after losing one of his upper teeth. His dentist, Justin Scrivens, explained his options: leave the gap or replace the tooth with a partial denture, bridge or dental implant.

The patient chose to have an implant and the end result, which looks just like a natural tooth, can be seen on the right. The patient was delighted with the result.

It is preferable to replace a missing tooth for several reasons. Though most people will replace front teeth when they are missing for aesthetic reasons, some don't think about replacing their back teeth. However it's not just a case of no one will see it so it doesn't need replacing.

Here are some reasons to replace back teeth:

- Teeth help us to chew and digest food properly. If you are missing a tooth then your other teeth have to work harder and take more strain which can lead to problems. Loss of a back tooth can change the bite with more force being put on the front teeth. These front teeth are then more prone to moving, cracking and chipping.
- Your remaining teeth will begin to move into the gaps left by missing teeth, and, as a result the way your teeth bite together will gradually change. This can cause tooth and joint pain. It may also lead to uneven wear on other teeth.
- Another complication of missing teeth is bone resorption. Your natural teeth are embedded in bone. When you lose a tooth the bone begins to resorb (shrink). Over time this can result in sunken cheeks and a gaunt face which can make you appear older.

Early replacement of a missing back tooth can prevent these problems. There are many options available and your dentist will be happy to discuss them with you.



Mouthguard Impression Open Days

During the summer holidays we will be holding Mouthguard Impression Open Days on **Monday 6th and Thursday 23rd August** from **1.30pm - 4.30pm** at the **Stratford Practice**. They are open to everyone - just call in at your convenience. If you are unable to make these dates please call the practice and we can make you an appointment that suits.

Our mouthguards are handmade on site in our dental laboratory. They are CE certified, come with names included as standard and are available in a range of colours and patterns.



Around 40% of injuries to teeth happen during sports. Dental trauma is never planned but the risk can be reduced. We recommend wearing a mouthguard for any sport that involves falls, body contact or flying equipment. This includes hockey, rugby, cricket, football, martial arts, basketball, skateboarding, gymnastics, mountain biking etc.

Unfortunately there will also always be accidents to teeth when a mouthguard isn't being worn - car accidents, falls etc. Our latest blog post which can be found on our website explains what to do in these circumstances. It's worth reading up on as time is of the essence!



If you follow us on Facebook and receive our marketing emails you may have seen we have had a Teeth Whitening offer running during May. We were offering you £100 off your home teeth whitening treatment! This offer proved extremely popular. It has now ended, however to make sure you don't miss out on offers like this in future follow us on social media, Facebook, Twitter & Instagram.



Regular Dental Exams - what they involve and why they are good for you

It's better to stop problems before they start and regular dental exams can reduce the need for treatment. So what do they involve:

You will be asked if there have been any changes to your health or medications. There are medications that contribute to dry mouth for example which increases risk of tooth decay. Diabetes increases the risk of gum disease etc. So it's important that your dentist knows any allergies, medications, changes to health etc to ensure you get the care you need.

Oral Cancer Exam - Have you ever wondered why your dentist feels your neck and asks you to put your tongue to the left and then to the right etc? They are examining your mouth, lips and tongue for any signs of oral cancer.

Gum Health - have you heard your dentist calling out numbers whilst poking your gums with a special probe? They are looking at the health of your gums. Healthy gums adhere tightly to the teeth, if they don't then there may be periodontal disease. The periodontal probe is checking the gap between your gum and tooth. The lower the number the better the condition of your gums. If you are hearing all 0's, then you are doing a great job of looking after your gums!

Your dentist will then check your teeth, looking for signs of cavities, check existing fillings etc. At some appointments you will be asked to have x-rays taken to see if there are any issues below the mouths surface.

You may be asked about your diet, smoking and brushing techniques. The dentist will also recommend the best time to return for a follow-up visit. If you're at high risk of tooth decay or gum disease or have other oral health problems, the dentist might recommend more frequent checkups.

