



Happy New Year

We would like to take this opportunity to wish you and your families a Happy Healthy New Year. Thank you for your continued support and we look forward to seeing you in 2022!



New Year Resolutions for your Teeth and Gums



The start of the new year is the perfect opportunity to focus on improving our lives. Many people choose resolutions such as committing to a new diet, giving up smoking or exercising more.

However, despite the best of intentions, a report last year suggested that people are most likely to ditch their annual commitment to themselves on January 19.

One way to help accomplish your resolution is to choose an achievable goal. We have a suggestion that is easily achievable and will have a beneficial effect on your oral hygiene:

Commit to looking after your teeth & gums by brushing twice a day & cleaning between teeth once a day.

Brushing twice a day is essential and something we are taught from a very early age. However, getting home late, being in a rush are reasons we might choose to skip the occasional brushing.

Flossing is not something most of us were taught to do as a child and as such is not quite as well ingrained. However it is just as important as brushing as if we don't clean between our teeth we are missing about 40% of the tooth's surface. It reduces the risk of gum disease which can lead to tooth loss, and reduces your risk of diabetes, heart disease, stroke and even Alzheimer's. So how can we make flossing once a day become a habit?

Flossuary is a campaign to clean between your teeth once a day for the whole of February. They say it takes 21 days to form a habit, so if you can commit to this you are well on your way to making a permanent lifestyle change. To help, Flossuary are giving away free samples and a chart to track your progress. You just need to sign up at flossuary.com for your free pack. Registration opens in January.



Image is for illustration purposes only. Contents of pack may vary depending on stock availability.

Staff News

We are pleased to welcome dentist, Dr Joanna Messing, who has joined us at the Stratford Practice.




We would also like to welcome Bekki who has joined us as a trainee dental nurse at our Wellesbourne Practice.

Coronavirus Update

The guidelines we follow have recently changed. We have a new set of questions that need to be answered before a dentist/hygienist can see you. If the answer to any of them is yes, we may need to reschedule your appointment:

- ⇒ Do you have any of the following symptoms:
 - * high temperature or fever?
 - * new, continuous cough?
 - * a loss or alteration to taste or smell?
- ⇒ Have you or any member of your household/family had a confirmed diagnosis of Covid-19 in the last 10 days?
- ⇒ Are you or any member of your household/family waiting for a Covid-19/SARS-CoV-2 PCR test result?
- ⇒ Have you or any member of your household/family been advised to isolate by any NHS organisation in the last 10 days?

Will Whitening Toothpaste Damage My Teeth




Having white, healthy teeth can boost your confidence and of the many ways to brighten your teeth, whitening toothpaste is the simplest and cheapest option. But is it effective and will it damage your teeth?

Whitening toothpastes are designed for removing surface stains. They contain abrasive particles that polish the surface of the tooth. It's important to note that they cannot change your natural tooth colour. If your discolouration is deeper than staining, it will still show through and a tooth whitening treatment by your dentist would be needed to change the colour of your teeth.

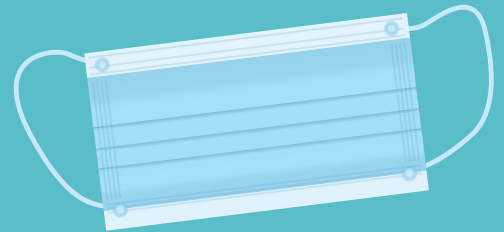
As mentioned, whitening toothpastes rely on abrasives for their results, and while these abrasives can effectively scrub away surface stains, they may also remove some of the tooth enamel. This is irreplaceable and as the enamel wears away, you will see more of the dentin beneath, which is often discoloured. This may also lead to issues with sensitivity.

If you choose to use a whitening toothpaste, ensure that you follow the instructions on the packet and don't brush too hard.



If you want to get beneath the enamel and achieve a longer-lasting colour change, you should consider tooth whitening by your dentist. The products dentists can prescribe have a higher concentration of the active bleaching ingredient and produce more noticeable results. Speak to your dentist for more information.

Polite Reminder



Face masks are mandatory in healthcare settings unless exempt.

Fizz Free February



February also marks the start of the Fizz Free February campaign which encourages us to give up fizzy drinks for the month to reduce sugar intake, lose weight, save money and keep our teeth!

Did you know:

- 79% of fizzy drinks contain more than 6tsp's sugar (330ml can)¹
- Fizzy drinks are the largest single source of sugar for 11-18 year olds²
- Drinking 1 can a day could add up to over a stone in weight over a year³
- You could save £438 a year if you stopped drinking one bottle of soft drink a day over a year⁴
- Tooth decay is the leading cause of hospitalisation for 4-9 year olds.⁵

Could you go fizz free for a month?

References

¹GULP
³GULP
⁵Action on Sugar

²British Dental Association
⁴GULP

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