



Happy New Year

Another year has flown by! We hope you were able to have a relaxing Christmas and 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 soon.



Did you know...

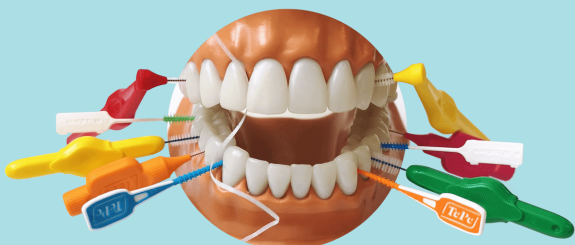
Flossing (or cleaning between your teeth) has been scientifically proven to reduce your risk with regard to dementia, stroke and heart disease? [Read more here](#) →

Dental Hygienist Liz Matthews, came up with the brilliant idea of Flossuary a few years ago and she now has dental professionals all over the country promoting it to their patients.

So what is Flossuary?

During the month of 'Flossuary' (February), we are encouraging everyone to try cleaning in between their teeth once a day for 28 consecutive days. After the 28 days is up we believe you will feel and see a difference in your gum health.

If you don't already clean between your teeth once a day, why not give this a go and let us know how you get on.



Gum disease doubles our risk of stroke



A study has found that people with gum disease are twice as likely to have a stroke. Research has found that when our gums bleed and become inflamed it changes how blood and oxygen flows to the brain.

Gum disease is very common. In fact it currently affects 45% of the adult population. It is caused by a build-up of plaque on the teeth. If this is not removed it starts to irritate the gums and leads to soreness and bleeding.

It is actually highly preventable and can be easily treated when in the early stages. However if left untreated it can develop into a more severe condition, periodontal disease, which can result in tooth loss. Gum disease is also increasingly being linked to other general health conditions like heart disease, diabetes and Alzheimer's.

The simplest way to prevent gum disease is to brush teeth twice a day and clean in-between teeth once a day. If you have a build up of plaque an appointment with one of our hygienists will give your teeth a thorough clean, remove any plaque and show you techniques to prevent it building up again.

Tips for Choosing a Toothbrush

Electric or Manual

Both are good options providing you use the correct technique and brush for 2 minutes. Electric toothbrushes tend to be better if you have crooked teeth or fixed braces or struggle with manual dexterity. Some models also come with a timer which is helpful if you don't brush for long enough. There have been studies showing that electric brushes are more effective at removing plaque. They are however more expensive than a manual brush and will need charging.

Manual Brushes - Soft, Medium or Hard Bristles?

The majority of brushes sold are medium, probably because most people don't know which they should choose so go with the middle ground. However as a general rule, the one that is most likely to keep your teeth and gums healthy without causing damage is a soft brush. Harder brushes are more likely to wear away your tooth's enamel and can cause gum recession resulting in oversensitive teeth to cold or hot and what some might find an unpleasant aesthetic aspect of long teeth due to the gum receding.

What size head?

Everyone's mouth is different, but as a general rule choose a small head which will enable you to get to hard to reach places, particularly back molars. If you have a small mouth you will want a compact head possibly even an older child's toothbrush. Many electric toothbrushes come with small round heads as standard. If you are changing from a manual toothbrush to an electric toothbrush, this will take a bit of getting used to.



Say 'I do' to your dream smile



Are you getting married this Spring/Summer?

Weddings are one of the most photographed events in our lives. After all the hard work that goes into the months of planning it's understandable to want to look your best on your big day. It's likely these photos are going to be shared with family and friends for many years to come!

If you are thinking about changing your smile ready for your big day see your dentist as soon as possible to discuss your desires. Some treatments can be completed in a short period of time, but others such as teeth straightening will need a few months to complete.

We can help you with the following treatments:

- * Teeth Whitening
- * Teeth Straightening (Invisalign and Quick Straight Teeth)
- * Composite Bonding (A composite resin material is sculpted directly on to the tooth to change the tooth shape, close gaps, repair chips etc)
- * Veneers

For patients looking to spread the cost of their treatments, we offer 0% finance that allows you to make monthly interest free payments on private treatments over £350. Please ask the team for details.

Polite Reminder



Please do not rely on text/email reminders for your appointments. They are courtesy reminders but sometimes don't send.

Remembering your appointments is your responsibility so please make a note when you book your appointment and add it to your calendar.

New Team Members

We are delighted to have several new members of staff since our last newsletter as follows:

Wellesbourne Practice:

- ⇒ Dentists - Viktoriia MacMillan and Kat Kajouri (previously at Stratford)
- ⇒ Dental Nurse - Rachel
- ⇒ Trainee Dental Nurse - Kelly

Stratford Practice:

- ⇒ Trainee Dental Nurses: Chloe, Jade and Mary