

# Enhancing your smile

Having a great smile can make a huge difference to the way you feel, your self-confidence, and the way that other people react to you.

Paul is a highly trained cosmetic dentist, and offers a wide range of treatments to make you feel more confident about your smile. These range from smaller, simple and affordable treatments that can make a huge difference to the way you look, to complete smile makeovers.

This patient came to Paul as she was not happy with her teeth and decided that it was time to do something about them. The treatment involved a little whitening, a replacement crown and veneers.



Before treatment



After treatment

**Tooth whitening** is a popular treatment. It can removed stains and lighten teeth that have naturally darkened with age, giving you a lighter, whiter smile and often making you look younger too!

**Dental veneers**, which are often used on TV make-over programmes, can make a huge difference to the way you look, hiding a multitude of problems including misaligned or uneven teeth, stains and gaps.

**Crowns** are usually fitted when the top of your tooth is broken or has become too weak to support a filling, but the root is still healthy. Today's crowns are very natural-looking, and with no metal (grey) rim showing at the top they are virtually undetectable.

**Dental implants** are an excellent way of replacing lost teeth. They are permanently fixed into the jaw, and look and feel as good as the real thing.

**Please call and arrange a no-obligation initial consultation if you are interested in having your smile enhanced and would like to know which treatments would be suitable for you.**

# A convenient way to pay

We want to make it as easy as possible for our patients to keep their teeth and gums healthy and looking good, and so do our best to offer affordable dental care and a budget-friendly payment scheme.

Many of our patients have become members of the Denplan scheme. It provides a number of benefits, including easy monthly payments which cover routine examinations and hygiene appointments, plus worldwide emergency cover, and a substantial discount on any further treatment that is needed.

**Please let us know if you are interested in joining the scheme, we will be happy to give you more information.**

# Growing support

We continue to enjoy welcoming referrals from our current patients. If you have any friends or relatives that are looking for high quality dental care delivered in comfortable and relaxed surroundings please do tell them about us.

We have also been delighted to welcome back patients who have visited other practices and decided that the personal service and high quality dentistry on offer here is second to none!



## In this issue...

- Beckham's smile is a winner
- Exercise to keep your teeth



# Word of Mouth

## Regular check-ups

At Balsall Common Dental Centre, our focus is very much on preventive dentistry – helping you to avoid problems by giving you sound advice on the best way to care for your teeth, as well as keeping a close eye on your teeth and gums through regular check-up examinations.

It is important to see us as often as we recommend so we can spot any potential problems at an early stage to save you unnecessary time and expense. It is also essential to have your teeth professionally cleaned regularly – this helps to combat gum disease as well as making you feel good about your smile.

**If you would like to make an appointment we would love to see you – just give us a call to arrange a suitable date. During your appointment, we can discuss how often you should see us.**



## Lollipop fights tooth decay

It sounds almost too good to be true – a lollipop that tastes nice and is actually good for your teeth. But it is the latest invention from the States, pioneered by microbiologist and dentistry professor Wenyuan Shi. The orange flavoured lolly contains a liquorice extract which kills the primary bacteria that cause tooth decay.



## Why your medication matters

We are often asked why we need to know about patients' medical conditions and what medication they are taking. The simple answer is that it helps us treat you safely.

We need to know any regular medications you take, and any others that you have taken recently. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

This helps you and us avoid any potential problems. For example, some antibiotics can make the contraceptive pill less effective, so you will need to take extra precautions for a while.

Knowing your medical history helps us understand any signs and symptoms seen in your mouth, and help you with any side-effects from your medication. These can include common issues such as dry mouth or ulceration.

In some cases, we spot signs of illnesses that you are not unaware of, and can advise you to see your doctor. **If your health or medication changes, please do let us know, or give us a call so we can update your records.**



## Beckham's smile is a winner!

British football icon David Beckham has one of the best celebrity smiles in the world, according to a new survey.

He was beaten to the prestigious top male smile spot only by film star Brad Pitt, and in fact was the only non-film star to be awarded the accolade.

The survey was carried out among members of the American Academy of Cosmetic Dentistry, who voted actress and super model Eva Mendes' smile the most gorgeous and glamorous of them all.

**These days it isn't just high-earning celebrities who can have fantastic smiles. Modern techniques and materials mean that anyone can have their smile enhanced, often at a much smaller cost than they might think.**

Tooth whitening can have a big impact on your smile and your confidence, lightening teeth and helping to erase stains caused by smoking or drinking tea, coffee or red wine. And because teeth tend to darken with age, having lighter teeth can also make you look younger!

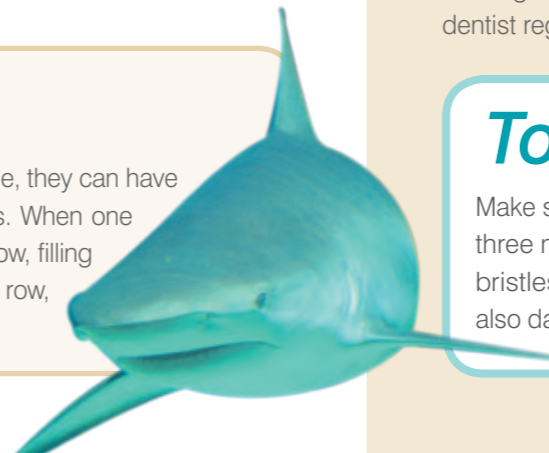
Other treatments include dental veneers, which can disguise a number of imperfections, and dental implants which are strong, realistic replacements for one or more missing teeth.

**To find out how you could have a winning smile, please call us to book a consultation.**



## Sharks' teeth

It's no wonder sharks are so widely feared – at any one time, they can have up to 300 teeth! The teeth are arranged in about five rows. When one is damaged or lost, all the teeth behind it move forward a row, filling the gap at the front. A new tooth then grows in the back row, so the shark is never left toothless.



## 'Exercise to keep your teeth'

Experts say that people who don't exercise, are overweight and have unhealthy eating habits have a greater chance of developing advanced gum disease and losing their teeth.

A new study shows those who stayed fit and healthy were 40% less likely to develop the condition. Now the British Dental Health Foundation is urging people to take better care of themselves.

Chief Executive Dr Nigel Carter said: "People see the health of their mouth and the health of their body as two very different things, but it is becoming increasingly clear that this just isn't the case.

"We already know that poor oral health can have a negative effect on the rest of your body, and the fact that gum disease increases your chances of developing heart disease, heart attacks, diabetes, strokes and low birth weight babies needs to be taken very seriously indeed."

Other ways of helping to avoid gum disease include brushing your teeth twice a day with fluoride toothpaste, cleaning between your teeth and around the gumline, cutting down on sugary food and drinks and visiting the dentist regularly.

## Top tooth tip

Make sure you replace your toothbrush at least every three months, or after an illness. Worn and broken bristles can harbour germs and bacteria, and can also damage your gums.

