

# THE Wellesley DENTAL PRACTICE

*Smiles Ahead*

020 8994 9292

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## THE WINTER 2010 SMILES AHEAD NEWSLETTER

Welcome to the winter edition of our smiles ahead newsletter; your first port of call for all of our latest news and practice updates.



### Festive Season

We would like to wish all our clients a peaceful festive season and a happy new year.

### Opening Times:

The practice will be closed from 5pm Wednesday 22/12/2010 until 8.30am Tuesday 4/1/2011.



In case of emergency please call us on: 020 8994 9292



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## DENTAL PRACTICE

### **Peanut butter - great for gums**

Scientists are suggesting peanut butter is among the foods that can fight off gum disease.

A study suggests that the polyunsaturated fatty acids found in foods like fatty fish and nuts may help beat periodontitis.

The study found that those who consumed the highest amounts of fatty acids were 30% less likely to develop gum disease.



Researchers say polyunsaturated fats have already been shown to have beneficial effects on other types of inflammatory conditions, such as heart disease, and they may also play a role in fighting the inflammation that causes gum disease.

Foods that are naturally high in polyunsaturated fatty acids like DHA and EPA include fatty fish, nuts, margarine and peanut butter.



### **Brushing teeth can prevent pregnancy complications**

Pregnant mums can reduce dangerous complications during pregnancy and prevent infection in their newborn baby by brushing their teeth well.

That's according to a recent report by scientists who suggest that bacteria in a woman's mouth can cause potentially serious problems during pregnancy.

Researchers found that bacteria from a mother's mouth can be transmitted through the blood and amniotic fluid in the womb to her unborn child.

They warn that this could contribute to the risk of a premature delivery, a low birth-weight baby, premature onset of contractions, or infection of the newborn child.

Doctors cannot explain the cause of many pregnancy complications and the authors of the study insist that simple good oral healthcare can help to reduce the risk.

The research looked at contents of the stomachs of 57 newborn babies, which contained swallowed amniotic fluid.

The researchers found that the samples contained 46 different types of bacteria, two of which are found mainly in the mouth.

Research leader, Cecilia Gonzales-Marin, from Queen Mary University of London, said: 'Hospitals routinely take these samples as part of the care of the babies born from a complicated pregnancy or at risk of serious infection.'

'Our research group is using DNA techniques to confirm if bacteria from the newborn matches the bacteria in the respective mother's mouth.'



# THE Wellesley Smiles Ahead DENTAL PRACTICE

## Knocked out tooth - what you can do

We refer to a knocked-out tooth as an "avulsed" tooth. This is one of the most serious dental emergencies to permanent teeth. However, the damage can be fixed. If you act quickly, there's a good chance the tooth can be saved.

When a tooth has been knocked out, the nerves, blood vessels and supporting



tissues are damaged, too. The nerves and blood vessels can't be repaired. That is why all avulsed teeth will need a root canal. However, the bone can reattach to the root of the tooth once it's put back into place.

The odds of saving a tooth are highest in young children, but adult teeth can be saved as well. Only permanent teeth should be re-implanted. It is important to get to the dentist as quickly as possible after a tooth has been knocked out. It is also important to avoid damaging the tooth even more.

## Follow these suggestions to improve your chances of saving the tooth

- Handle the tooth carefully. Try not to touch the root (the part of the tooth that was under the gum). It can be damaged easily.
- If the tooth is dirty, hold it by the upper part (the crown) and rinse it with milk. If you don't have any milk, rinse it with water. Don't wipe it off with a washcloth, shirt or other fabric. This could damage the tooth.
- Keep the tooth moist. Drop it into a glass of milk. If you can't do this, place the tooth in your mouth, between the cheek and gum. A young child may not be able to safely "store" the tooth in his or her mouth without swallowing it. Instead, have the child spit into a cup. Place the tooth in the cup with the saliva. If nothing else is available, place the tooth in a cup of water. The most important thing is to keep the tooth moist.
- Try slipping the tooth back into its socket. In many cases, it will slip right in. Make sure it's facing the right way. Don't try to force it into the socket. If it doesn't go back into place easily and without pressure, then just keep it

moist (in milk, saliva or water) and get to the dentist as soon as you can.

However, if you do end up losing the tooth, there are still a number of options which we can discuss with you, such as bridges and implants.



### Myth: More sugar - more decay

*It isn't the amount of sugar you eat; it is the amount of time that the sugar has contact with the teeth. Foods such as slowly-dissolving sweets and fizzy drinks are in the mouth for longer periods of time. This increases the amount of time teeth are exposed to acid formed by the sugar.*

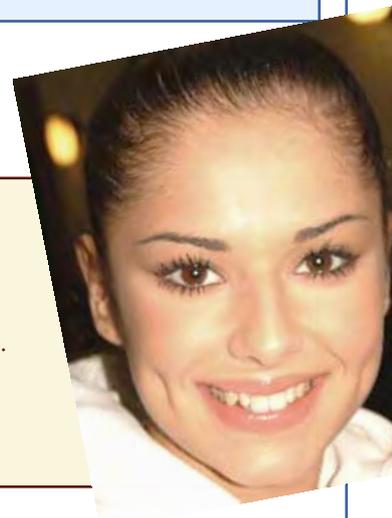


### Cheryl had brace

Not all celebs were born with perfect teeth. Tom Cruise, Nicolas Cage, and Gwen Stefani, have all worn braces.

Cheryl Cole wore an invisible brace on her teeth for two years after winning Popstars: The Rivals in 2002. Since

then, she has added porcelain veneers to improve them.



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### Thank you

*We would like to thank our clients for the trust and loyalty that you place in us - we appreciate it very much. We are also grateful to those of you who have referred friends and family to us and we will continue to offer a warm welcome to anyone you feel would benefit from our services.*

### Vitamin B veggies cut risk of mouth cancer

Women who consume high volumes of folic acid found in vitamin B from vegetables and some fruits are less likely to suffer from mouth cancer.

Women who drank a high volume of alcohol and had low folic acid intake were three times more likely to develop mouth cancer than those who drank high volumes of alcohol but had high volumes of folic acid in their diet.

Alcohol is one of the major risk factors for mouth cancer and those who drink to excess are four times more likely to be diagnosed.

Rates of mouth cancer in women have been increasing for many years as a result of changed social habits with more women smoking and drinking.

'This new research could offer a method to reduce this by looking at the folic acid intake and increasing fruit and vegetables containing folic acid in the diet. "In the past studies have tended to focus on males, as they are twice as likely to suffer from the disease. While this study focuses on women we know that men also benefit from the protective value of increased fruit and vegetables.'

Folic acid or vitamin B9 is essential to an individual's health by helping to make and maintain new cells.

Pregnant women are advised to supplement their intake of folic acid, to ensure a healthy development of the baby.

Folic acid is found in vegetables such as spinach, asparagus, beans, peas and lentils and is added to bread. Fruit juices, broccoli and brussels sprouts contain smaller amounts.

An unhealthy diet has been linked with around a third of mouth cancer cases.

Recent research has also shown that an increase in food such as eggs and fish that contain omega 3, and nuts, seeds and brown rice, which are high in fibre, can help decrease the risks.

Mouth cancer survival is poor with only around half of cases surviving for 5 years and this is due to late presentation.

Early warning signs to look out for include a mouth ulcer that has not healed within three weeks, red or white patches in the mouth and any unusual swelling or lumps in the mouth.



### Special offer! Zoom in office tooth whitening! For a limited period only!!!!

*Your smile is important. It's one of the first things you notice when you meet someone. A whiter, brighter smile is beautiful - it can help you feel better about yourself and make a memorable impression*

*Your lifestyle and the aging process can stain and darken your teeth. Many things we do on a regular basis can contribute to stained teeth, such as drinking coffee, tea, cola and red wine or smoking.*

