



azuredental

Your Complete Guide to

DENTAL FITNESS & HEALTH

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“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

Teeth play a very important role in our lives. It's only when you don't have them that you appreciate their significance.

Teeth help you to chew and enjoy your food, talk and communicate and finally, give your face its shape. Your smile says a lot about who you are and how you feel about yourself.

Rightly or wrongly you are judged by so many external things. It makes you feel good when you wear a nice

dress. When you have your hair newly styled you know that people will notice you and pass sincere and genuinely nice comments.

Similarly when your smile looks nice, people may not say it but have a certain opinion about your personality and sense of hygiene. Your smile becomes your signature. So it makes sense to give your teeth the best possible care.

“Smile - It's the second best thing you can do with your lips.”

Two of the most common diseases are found in the mouth, namely tooth decay and gum disease.

Tooth Decay

Tooth is a widespread disease of civilisation and is preventable. The way decay affects teeth is essentially very simple. It happens when dietary carbohydrates in the mouth are degraded by the bacteria of the mouth. These refined carbohydrates once broken down into acid cause the tooth surface to dissolve. Different carbohydrates have different potential to damage teeth. Sucrose is the most common sugar that can be harmful to teeth. Talk to us if you think you may be prone to decay or you feel that you have holes in your teeth.

Gum Disease

Even in the 21st century there is still no cure for gum disease. 10-15% of the UK population are still at risk of losing significant number of teeth from gum disease. However, with early diagnosis and modern techniques the irreversible effects of this disease can be reversed. Talk to us if you find that your teeth are becoming loose or your gums bleed when you brush your teeth or you suffer from bad breath.

Before



After



Toothwear

As people are living longer and keeping their teeth for longer, now it is becoming increasingly common for people to wear away the outer hard surfaces of their teeth, other than by decay or trauma.

In some people teeth may become loose or develop cracks or they slowly chip away. In extreme situations teeth become hypersensitive or develop dental abscesses. People who cannot adapt to this wear often end up with jaw joint, biting or chewing difficulties causing teeth to fit incorrectly.

When the teeth do not fit correctly, further teeth may be lost, in time. The distinction between acceptable and pathological toothwear at a given age is based on a prediction as to whether the teeth will survive that rate of wear in a functional and reasonable aesthetic state until the end of an individual's life expectancy. Talk to us

if you are aware of your teeth showing any of the above problems.

Loss of teeth is now considered to be just as devastating to some people as losing any limb. Apart from the initial trauma of tooth removal, there are also functional disabilities as well as potential of social rejection in western society.

Replacement of teeth can be very time consuming, costly and not always predictable. However, simple preventative techniques can avoid years of misery of having to live with difficulties in eating and speaking especially when socialising due to active dental problems or missing teeth. Such problems cause discomfort or embarrassment and take away the self-confidence which means that an important ingredient is missing in people's lives.

Mouth Cancer

Although it is rare, it is still the 5th most common cancer that can affect people who are susceptible. If diagnosed early, treatment is simple and straightforward. However, if untreated, its consequences are devastating.

Healthy **Mouth**, Healthy **Body**

There are indications from a recent study that people who stay fit and healthy are 40% less likely to develop tooth-threatening gum infections, possibly leading to gum disease. It was also found that not exercising, not keeping to a normal body weight and unhealthy habits made a person much more likely to get advanced gum disease.

If you are serious about your general health and your teeth, you will want to exercise, eat a healthy balanced diet and keep to a normal body weight.

There are also new findings that support what dental health professionals have suspected all along that infections in the mouth can cause health problems in the body.

Problems that can be caused by poor dental health include:

1. Heart Disease
2. Stroke
3. Diabetes
4. Lung disease
5. Premature and low birth weight babies
6. Alzheimer's disease



How Can I Keep My Teeth Fit & Healthy?

Fighting dental problems is a joint effort between you and your dental team working together. For the dental problems to be eliminated there must be motivation from both sides to focus on eliminating current problems and preventing similar future problems.

Our role as a Dental Health Educator is paramount in helping you prevent dental problems so that you can keep your teeth for life. Care can be provided tailored to your needs and wishes.

1. Brush your teeth twice daily for 2 minutes with a fluoride containing toothpaste. You have to be shown how to brush for brushing to be effective.
2. Get the correct dietary advice, which is appropriate for your lifestyle.
3. Fluoride supplements may be necessary if you are at high risk of developing decay.
4. Floss your teeth at least once daily.
5. Use a mouthwash that is right for you to combat decay, gum disease or bad breath.
6. Have regular dental checks at an interval as agreed between you and your dentist.



How Can I Ensure My Teeth Look White?

What Foods And Activities Should I Avoid?

The majority of people are born with healthy teeth. Due to modern diets we are all prone to extrinsic staining to greater or a lesser extent. The most common reasons why people's teeth darken with time are:

1. Smoking
2. Tea and coffee stains (especially green tea)
3. Asian Curries
4. Red wine and certain types of juices
5. Fruits like blueberries and strawberries
6. There maybe unsuspected decay that appears like stains.

Maintain the colour of your teeth by using whitening toothpastes to help avoid your teeth staining. If you are looking for a brighter smile, consider safe and professional teeth whitening treatments. Definitely avoid using domestic bleach or any acid containing products to whiten your teeth. Consider having your teeth cleaned professionally by dental hygienists.



What To Look Out For That Would Indicate My Teeth And Gums Are Not Healthy

Early problems are usually silent and simple to correct. If left undiagnosed, the problems multiply and compound until the teeth become loose, sensitive, crack or develop abscesses.

Watch out for signs of bad breath, holes in a teeth, pain on biting, unusual movement of teeth, clicking joints, unsuspected lumps or bumps, ulcers that persist, signs of tenderness or swelling or even headaches.

If your gums are infected they will feel sore and swollen.

Should I be watching my diet to try to keep healthy teeth? If so what should I eat?

You must have a balanced diet making sure you have your daily intake of fruits and vegetables. Many people think that it is a high level of sugar in your diet that causes decay, but it is not so.

It is how often you have sugar in your diet, not the total quantity of sugar that causes problems.

It takes an average of 40 minutes for the mouth to neutralise the acid caused by eating and drinking sugar. It is therefore important to limit the number of attacks by restricting sugary foods and drinks to mealtimes.

After consuming a meal always end by having a piece of cheese or sugar free chewing gum. This helps to neutralise the affects of acid that is present in the mouth.

Avoid too many fizzy drinks and when drinking use a straw. Too many fizzy drinks will cause the teeth to decay and also cause erosion of the enamel surface.

Never consume sugary food or drink just before going to bed. This will cause harm to teeth overnight, as the acid will linger in the mouth during the night causing decay. If you are consuming such food or drinks then avoid going to bed for another 40-60 minutes.

Do 'Shop Bought' Whitening Products Work?

If Not Why Not?

While there are many whitening products available over the counter and on the internet, there is no substitute for safe and effective professional teeth whitening. Using self-prescribed over the counter or internet bought products unsupervised has been known to cause permanent damage to teeth.

Once they are irreversibly damaged, you will need to undergo more extensive and costly restorative dental work. The savings from such products is not worth the risk to your teeth. It is always best to get professional guidance from people like your dentist who know what is available and what will be best for you and your teeth.

How Should I Teach My Kids To Brush Their Teeth?

Brushing should be done twice a day – first thing in the morning and last thing before going to bed. The earlier the habit starts the better.

When the teeth first erupt a brush can be given to the child. Chances are that they will just bite on it and play with it. As a parent you will need to brush their teeth with children's toothpaste. Make sure that it is not more than half the size of a green pea. Most of the toothpaste will be swallowed. So it should not be more than what has been recommended earlier.

The fluoride will have both topical and systemic effect helping to protect the milk teeth as well as permanent teeth that are growing under the gums.

Later on as the child grows, it helps if you are brushing your own teeth in front of them so that they copy what you are doing. As they grow it will become part of their daily routine to brush their teeth when they are supposed to and may require only occasional reinforcement.

At What Age Should I Bring My Kids To The Dentist?

Children should visit their dentist as soon as the milk teeth erupt in the mouth. This usually happens around the age of 6 months. It's important for the child's dentition to be monitored during their development to ensure that any abnormalities are picked up early and that parents receive the correct dietary advice from the beginning.

What Are The Treatment Options If I Have Crooked Teeth?

The correct treatment always depends on the diagnosis as well as taking into account your lifestyle. There are several ways of correcting crooked teeth.

Minor imperfections

- can be corrected by simple bonding and recontouring techniques.

Moderate imperfections

- will require simple teeth straightening techniques or veneers.

Severe imperfections

- will require conventional orthodontics with or without advanced restorative techniques.

Moments of sheer pleasure can come in an instant and go as fast as they came but their effects are ever lasting. Moments go beyond experiences. They don't have to be grand but make us feel special.

What Are The Treatment Options If I Have Dark Teeth?

As said earlier, any treatment depends on diagnosis. There are many reasons for teeth being dark. For some, they may have been dark since the teeth erupted into the mouth to teeth becoming dark slowly over time.

If the diagnosis is not correct then, after treatment, your teeth will either turn dark again or will be subjected to overprescribing. Great care needs to be taken to meet your objectives without reducing your teeth's life expectancy.

Treatment options are many, ranging from no treatment to whitening or to more advanced restorative options. It is best to talk to your dentist about your expectations and listen to what your dentist suggests are options available to you, for your situation.

At Azure Dental we are passionate about helping our customers to have healthy, happy smiles. We want you to feel good about your mouth and teeth. The way your smile looks is important, but so is having fresh breath, a healthy mouth, and teeth that function well together.



What Do We Offer In Our Dental Practice?

We provide a wide selection of solutions for people with many dental problems including:

- **People that don't like the shape of their teeth**
- **People with loose dentures**
- **People that require a whiter smile**
- **People with crooked teeth**
- **People who wish to replace missing teeth**
- **People who have bad breath**

So you see, what ever your dental problem, we are the dental practice that can help.

Azure Dental has a strong focus on preventive dentistry, this means we want people to feel confident that their teeth and gums are healthy, and that their breath is fresh, without over prescribing on other forms of treatment.

Preventive dentistry at our dental practice means helping you to have healthy, functional teeth for life. This means helping you to keep your teeth and gums healthy, and to ensure you don't suffer from other problems such as an incorrect bite.

Your dental examination with us will also include a potentially life-saving mouth cancer screening. This is why it is so important not to neglect your teeth, even if your budget is suffering as a result of the credit crunch.



Pop in to our dental practice for a friendly chat & a relaxing tea or coffee

If you are thinking of going to a new dentist simply call us today on

01704 871743