

Ceramic braces

Lingual braces

Invisalign

Beautifully

# straight teeth

**Orthodontics is the branch of dentistry concerned with the growth of the teeth, jaws and face.**

Correcting crowded teeth, jaw discrepancies and treating spacing in the jaws will help improve form and function, and help you look and feel better by allowing you to bite together correctly, eat more comfortably and care for your teeth and gums more easily. Just as importantly, you will have a smile that you are proud to show off.

At our practice, we are fortunate to have our own specialist orthodontist, Devayani Arya. Dev did her undergraduate and fellowship training at King's College, and her postgraduate orthodontic masters degree, MOrth, at Guy's Hospital. Since obtaining her Masters in 2001, Dev has been on the GDC's specialist register.

Her training allows her to treat an extensive range of cases with a variety of treatment options tailor-made to each patient. As with all our dentists, Dev is happy to spend time discussing what is most appropriate and will provide the best and most stable result, she

will also provide a comprehensive treatment plan with the projected costs involved.

**The days of 'train-track' braces are a thing of the past with more aesthetic options now available. These include:**

- **Ceramic brackets** that are fitted on the front of the teeth and are tooth coloured to blend in better (as worn by Tom Cruise)
- **Lingual braces** that are fitted on the inside of the teeth so they are almost invisible to other people (as worn by Kate Middleton prior to her wedding)
- **Invisalign.** A series of removable, thin aligners worn in sequence to move the teeth

Dev works closely with other members of the team, especially in more advanced adult cases, for example, preparation for implants or crown and bridgework, as well as providing orthodontics for children.

Her calm, reassuring manner is comforting to patients of all ages and her professionalism and expertise are a valuable asset to all of us.



## The importance of healthy gums & teeth

As ever, our focus remains on your oral health. If you are considering more advanced treatment such as orthodontics, implants or crowns and bridges, the importance of healthy gums and teeth cannot be overstated. We will only proceed with more advanced treatments if your mouth is in a stable, healthy condition to start with. So it remains just as important to stick to your regular maintenance schedule for hygiene and check ups before and during advanced, longer-term treatments such as orthodontics and implants, and to keep to your maintenance schedule afterwards to protect and maintain the treatment you have invested in. With the addition of our dedicated hygiene room, there is wide availability during the week so appointments can be arranged at your convenience.

If you have any questions about any of the articles mentioned, particularly orthodontic treatment, please don't hesitate to call or email us.

Until next time... keep smiling!

*David & Naseema*



Edited in association with the British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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# Smile Update

## Welcome to our latest newsletter

In this edition you will find articles on mouth cancer, smile psychology and how nearly half of 8 year olds in the UK today have visible signs of decay on their teeth. As dentists, this is of great concern. Proposed measures such as imposing a 'sugar tax' to help combat obesity would be of benefit to our patients too. This reinforces our practice message that looking after your oral health will benefit your general health.

We will also be focusing on the orthodontic treatments provided by our specialist orthodontist, Devayani Arya.

Do read on and we hope you enjoy this edition.



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# Unbelievably in the UK nearly half of all 8 year olds have visible signs of decay on their teeth

This fact from the British Dental Health Foundation is quite startling but also something that with the correct measures can be prevented.



- It is important to supervise your child's brushing until they are at least seven.
- Ensure your children brush twice a day for two minutes with fluoride toothpaste.
- Don't give them drinks containing sugars, including fruit juices, between meals. Give them water or milk instead. For babies, don't add sugar to their drinks, or to foods when you introduce them to solids.
- Limit sugary and acidic foods to mealtimes; constant snacking can lead to tooth decay – it is how often, as opposed to how much, sugar is in the diet.
- Regular visits to the dental team are vital to spot potential problems early on and to instil a positive attitude towards preventative dental care.

Please get in touch or speak to us next time you visit if you have any questions about the best ways to care for your children's teeth.



## Top tip

Clean your tongue. A major cause of bad breath can actually come from bacteria building up on your tongue.

## Mouth Cancer Action

Mouth cancer takes the lives of more than 2,000 people each year in the UK. Mouth Cancer Action is a charity campaign which aims to raise awareness of mouth cancer and make a difference by saving thousands of lives through early detection and prevention.

In the UK, more than 6,700 people were diagnosed with mouth cancer last year. The disease has grown by a third in the last decade – and remains one of very few

cancers which are predicted to increase further in the coming years – that's why **Mouth Cancer Action is so important. ...if in doubt, get checked out!**

If you are worried about anything unusual that you see in your mouth, if you have a mouth ulcer which does not heal within three weeks, or if you notice any discomfort or other changes, please make an appointment with us so we can check it out for you.

For more information on mouth cancer visit [www.mouthcancer.org](http://www.mouthcancer.org)

## Smile psychology

Having a great smile not only boosts your confidence, it can also help you to be happy and healthy.

Smiling has hormonal and physiological consequences which make us feel better and want to smile more. Darwin stated that 'smiling is the outward manifestation of happiness and serves to begin to connect us to others'. Smiling is universal and infectious – it not only makes you feel better but also makes others respond more positively to you.

Smiling can even help you to stay looking young – it uses far less muscles to smile than it does to frown (43 muscles to frown; 17 to smile), which means you're less likely to acquire ageing frown lines!

If you are self conscious about your smile for any reason, please speak to us. We'll be happy to suggest ways in which it could be enhanced, and in most cases those enhancements can be surprisingly simple and affordable.



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## Did you know?

One of the strongest muscles in the body is the tongue.

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