

wordofmouth

Practice News

Well, we did it! We won Best New Practice South East 2006 at the Dentistry awards ceremony in Leicester in December. The whole team were present to hear the winners announced and to receive their award from Roy Walker of TV's Catchphrase, in front of 650 members of the dental profession. The panel of 16 judges based their choice on the customer care we provide. We are absolutely thrilled to have won and proud to be recognised by both our professional peers and patients as offering something a little bit different.



We're not going to allow this to let us rest on our laurels, however Michelle will be asking you to complete a 'Patient Satisfaction Questionnaire' to ensure we continue to do well at the things you like and to get better at doing those things you feel we need to improve. In any case, please feel free to share your comments with any member of the team about how well, or not, we meet your needs.

The practice operates opening hours to accommodate your busy lives, including Thursday evenings until 19:45 and all day on Saturday. The specific hours available vary each week according to a 3 week rota and, please note, the practice is closed for lunch (usually 13:00 – 14:00). Thank you for your co-operation.

Did you know?

70% of people believe a healthy smile could make you more successful
(Academy of General Dentistry).

Are You Hiding Your Smile?

Do you cover your mouth with your hand when you smile? Don't let a less-than-ideal smile hold you back. First impressions mean everything and modern dentistry can straighten, repair, brighten and enhance your smile to transform your appearance, often in just a couple of visits.

- Brighten dull teeth simply and safely with professional tooth whitening. We provide BriteSmile in-surgery power-whitening which can lighten your teeth by at least 8 shades in less than 2 hours. Custom-made home-whitening treatments are also available.
- Chipped or worn teeth can be restored to their former glory by using natural-looking bonding materials.
- Mind the gap? Close gaps in your smile with bonding materials, veneers or crowns that build up and re-proportion your teeth to eliminate unattractive spaces.
- Out of line? Realign crooked or crowded teeth with veneers or crowns. Highly aesthetic metal-free crowns are now available for a beautiful and natural look.
- Tooth-coloured fillings, in a variety of shades to match your own tooth colour, are available for front and back teeth.
- Tooth-coloured inlays, constructed from porcelain or composite, provide a more durable and attractive alternative to large fillings at the back of the mouth.
- Missing teeth? Bridges or implants can offer a more convenient way to replace missing teeth than dentures.
- Hygienist help...regular hygiene visits will help you restore and maintain your gum health and enjoy sweet breath. Professional cleaning will eliminate tooth discolouration from food or tobacco stains. In addition to scaling and polishing, we offer prophy-jet, the equivalent of a pressure wash for teeth, which rids you of those stubborn stains in those hard-to-reach places.

Please ask any member of the i-teeth team if you would like to know more about how to improve your smile.



The Colour Of Health

The health of our mouths has been linked to systemic disease such as diabetes, osteoporosis, iron and folate (vitamin B12) anaemias, cardiovascular diseases and some cancers.

Healthy eating is an important factor in maintaining a healthy mouth and body. Experts recommend fresh produce 'superfoods', such as ...

... avocados, bananas, beans, blueberries, brazil nuts, broccoli, brussel sprouts, carrots, kiwi fruit, oranges, raspberries, salmon, soy, spinach, strawberries, sweet potatoes, tomatoes, turkey (who said Christmas was bad for your diet?), whole grain cereals.

These foods are presented alphabetically but there's a hint: think colour! The nutrients in foods that are deep blue, purple, red, green or orange can protect against heart disease and gastrointestinal, oesophageal, laryngeal and respiratory tract cancers. They also boost our memories, our reasoning skills and our sense of balance. A diet rich in vitamins and minerals can help to prevent gum disease. Fresh produce provides more nutritional value and leads to less tooth decay than refined foods, particularly those high in sugar.

Try making your own smoothies with a variety of fruits and Greek yoghurt. You and your kids will love them and what easier way is there to help you and them meet the recommended '5 portions-a-day'?

Tea deserves a special mention: not only is it rich in antioxidants (which help prevent or slow the progress of some cancers), it is a natural source of fluoride which can help prevent cavities (as long as you don't add sugar!). For further benefits of tea, you can visit the website www.teahhealth.co.uk.

Did you know?

68% of people are more likely to talk to someone they didn't know if they smiled at them.

(National Smile Week Survey 2005).

Bad Breath?

Bad breath or halitosis is a common problem about which many people find difficulty in seeking advice. There are a variety of causes.

Bad breath is usually caused by the unpleasant smelly gases released as the food caught between your teeth and on the rough surface of your tongue is rotted down by the bacteria in your mouth. It is therefore very important to remove food debris and plaque bacteria by regularly brushing and (especially) flossing between the teeth to keep your breath smelling fresh. Tongue scrapers or brushing the tongue will help to keep its surface clean. Mouth rinses can help to combat odour for a short time but only if the trapped debris has already been removed! Regular hygiene visits will assist you in maintaining an optimally clean and healthy mouth.

Some bad breath is temporary, due to diet (strong foods, like onion or garlic, but also dairy products, especially cheese, can add to the problem) or binge dieting. Smoking is also one of the main causes of bad breath. Medications or hormones that alter the balance of bacteria in the mouth can also cause short-term or longer-term bad breath.

Certain medical conditions affecting the gastrointestinal system, throat and sinuses may be the cause of more persistent bad breath. Gum disease, dry mouth (xerostomia) and diabetes usually require professional intervention.

Please ask our hygienist for help if you think you suffer from bad breath.

Did you know?

It takes 43 muscles to frown but only 17 to smile.



Tell Your Friends About Us and Reward Yourself With an Electric Toothbrush!

The biggest compliment you can pay us is to refer your friends and family. It means a great deal to us as it means you are happy with the care we provide for you and are pleased to pass on this news to your family and friends. This is how our practice has grown and we would be delighted to welcome more patients just like you.

As a thank you for your help, when three of your (adult) friends join our practice, you will earn yourself an Oral-B ProfessionalCare 8500 electric toothbrush (SRP £74.99). Just fill in the coupons below and ask your friends to hand one to us when they attend their appointment with us!

My friend,

16 Newton Road,
Tunbridge Wells,
Kent TN1 1RU

 i-teeth
dental care

has recommended you to me.

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