

# Word of Mouth

BILLINGSHURST  
DENTAL PRACTICE



## Complete care from cradle to grey

Spring 2018

In the UK we have an ageing population and the number of people aged 65 and over is expected to rise to more than 20% by 2025, that's 2.5 million more older people.

We can all expect to live longer too. Life expectancy in England now stands at 79.5 for men and 83 for women.

### Teeth for life

Looking after our teeth so that they last us well into our old age has never been more important. If we can't eat properly, we can't look after ourselves properly and this can have a dramatic effect on our wellbeing.

As we get older it can become more difficult to visit the dentist because of ill health, mobility issues, having to rely on lifts from other people and the worry of the visits themselves.

But we would like to stress the importance of visiting your dentist at least once a year, preferably twice - even if you have no

natural teeth of your own left.

During our dental health checks we carry out mouth cancer screening. Mouth cancer is twice as common in men than women and 86% of cases are diagnosed in those aged over 50. Smokers and drinkers are particularly at risk.

Early detection of mouth cancer results in a survival outcome of 90%. However, delayed diagnosis means survival rates plummet to as little as 50%. Let us give you peace of mind by checking your mouth for the early signs of mouth cancer.

### What's the point of hygiene?

We believe that dental hygiene is one of the most important services we offer. Dentists treat disease but hygienists help prevent it from starting in the first place.

This is especially important as gum disease has been linked to many serious illnesses, including heart disease, bacterial lung infections, strokes, diabetes and dementia.

If you haven't already, please book your essential dental and hygiene appointments by calling us today.

## Don't miss out on special offers

Follow us on Facebook!

If you 'like' and follow us on Facebook you will be the first to see special offers and news within Billingshurst Dental Practice.

We have many offers coming up for spring and summer and we will be sharing this information on our Facebook page.



Like us on  
**Facebook**



## SPRING WHITENING OFFER!

Have your teeth sparkling  
for spring for only £299!  
(Normal price £380)

Offer ends 30.6.18

[www.billingshurstdental.co.uk](http://www.billingshurstdental.co.uk)

# Spotlight on - snacking & decay

Tooth brushing won't stop decay for children who snack all day, a new study on pre-schoolers has found.

Researchers from the University of Edinburgh and the University of Glasgow found children who snack all day - compared with just eating meals - are far more likely to have dental decay.

The snacking habits of more than 4,000 pre-school children were looked at by scientists who found that tooth brushing only partly protects against the effects of sugary snacks on children's teeth.

## Learning by example

Parental socioeconomic factors, such as a mother's education level, explain more of the difference in children's dental decay than diet or oral hygiene.

Experts say that even though milk teeth are temporary, good oral hygiene habits are set in childhood, and this relates both to diet and tooth brushing.

Children who brushed less than once a



day or not at all at two years old had twice the chance of having dental decay when they were five, compared with children who brushed their teeth twice a day or more.

## Brushing more frequently helps

Restricting sugar intake is desirable for both nutritional reasons and for children's dental health.

Study co-author, Dr Stephanie Chambers, of the Social and Public Health Sciences

Unit at the University of Glasgow said: "Among children eating sweets or chocolate once a day or more, tooth brushing more often - once or twice a day or more - reduced the likelihood of decay compared with less frequent brushing."

Please speak to our understanding and helpful dental team if you are concerned about your child's dental health and their sugar consumption.

\* The study is published in the Journal of Public Health.

## Poor oral health increases frailty

Oral health problems such as gum disease and tooth loss have been linked to frailty in older British men.

Researchers observed more than 1,000 men over a three-year period and found those with poor oral health were more likely to suffer from weight loss, exhaustion, gripping ability, a reduction in walking speed and low physical activity.

The study showed that one in five people examined had no teeth, more than half had gum disease, nearly a third suffered from dry mouth and around one in ten had trouble eating.

Dr Nigel Carter, Chief Executive of UK dental charity, the Oral Health Foundation, says older adults are more likely to experience issues in the mouth and this can have a direct effect on

their overall wellbeing.

"Oral health problems are more common among older adults with tooth loss, gum disease, tooth decay and dry mouth the most likely to occur. These conditions not only influence the health of the mouth but also impact on a person's quality of life too," he said.

"We often see first-hand the difficulties that poorer oral health in the elderly can have, including making it harder to eat, swallow, speak, get adequate nutrition, and even smile. Elderly people who are suffering with poor oral health could also be in pain and discomfort and experience problems in their mouth and jaw."

**If you are struggling with poor oral health or know someone who is, please don't suffer in silence. We are here to help.**

## Practice news

### Did you know...

We offer tooth whitening and Smileign invisible braces? If you would like some more information on these please speak to a member of staff who will be happy to help.

### Welcome aboard

We welcome 2 new members of staff - Sally Babister, who is joining our reception team and Andrea Spain who joins our nursing team.

### Keep us updated

Please keep us updated with any changes of contact telephone numbers or addresses.

### Medication

To allow us to treat you safely we request that you tell us about your medication.

This includes the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

Some antibiotics can affect the way that other medication works. If in doubt, please just ask.

## Billingshurst Dental Practice

114 High Street  
Billingshurst  
West Sussex  
RH14 9QS

01403 783688

### Opening hours

Mon: 8.30am - 5.00pm  
Tues: 8.30am - 6.00pm  
Wed: 8.30am - 5.00pm  
Thur: 8.30am - 5.00pm  
Fri: 8.30am - 5.00pm  
Sat: 8.30am - 12.00pm  
(one Saturday session per month)

info@billingshurstdental.co.uk  
www.billingshurstdental.co.uk

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.