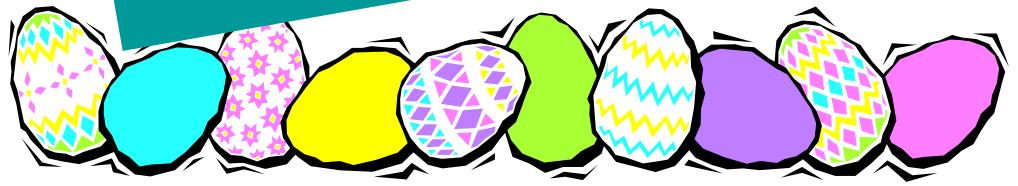




Dr Ian's Newsletter



BIG News for Dry Mouth sufferers

Special Points Of Interest.

Pregnancy and
oral Hygiene.



Easter ideas and
treats.



Dry mouth
Solutions.



Decay Knowledge



The medical term for Dry mouth is...XEROSTOMIA.

It is a common problem that often people tend to try and ignore. There are many reasons why a person can develop a dry mouth..... from Dehydration to problems with the saliva glands.

Certain medications and medical procedures such as radiation can also have side effects of a dry mouth.

THE IMPORTANCE OF SALIVA

- Lubricates your tongue and cheeks for swallowing and speech.
- Assists in sense of taste
- Maintains a healthy mouth, promoting healing in wounds.
- Helps in digestion.
- Serves as a reservoir for calcium , phosphorus and fluoride.



DO YOU THINK YOU MAY HAVE A DRY MOUTH??

Is your mouth very dry when you wake up?

Do you find it hard to eat and swallow food?

Does food taste bland?

Has anyone commented on your breath smelling?

If you answered yes to the above questions you should probably have a chat to Dr Yerbury about Dry mouth syndrome and see what he can recommend. There are a few things that can be done to relieve the symptoms one of which being the application of a clear gel. This is easily applied by using a clean finger to smear the gel around the teeth or gums on each side of the mouth, cheek and palate. The gel can be used throughout the day and in some cases can be used at night(discuss with Dr Yerbury first). You can expect up to four hours of relief from dryness when using the gel.

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This product is also useful for people who have dentures and also suffer with a dry mouth.....

.....It can be placed around the gums allowing the normal retention gained when saliva is present. However it does not replace the need for a separate denture fixative if used. The dry mouth gel does not cause staining to your denture or cause damage to acrylic, chrome cobalt or any other denture materials.

The gel comes in a few different flavours and in a handy 40g tube that fits easily into a pocket or hand bag.



Pregnancy and Oral Health.

Before pregnancy, it is important to establish good oral hygiene.

If you experience "morning sickness" remember that acidic stomach acids can soften and dissolve your tooth enamel. Tooth damage can be avoided by simply rinsing with water after being sick instead of brushing as this can brush away the softened enamel!

Curbing your cravings might prove difficult however, choose snacks high in fibre and avoid those high in sugar content salt and fat. Sugary snacks, as you know, cause decay. Take special care of your gums! New hormones in your body at this time can cause them to be extra sensitive and become inflamed.

You can reduce the risk of this happening by being strict about brushing and flossing every day!





What do you know about Decay??????????

Decay is a result of acid attacking your teeth. Acid is produced when the sugar we eat comes into contact with the plaque on our teeth. Acid is produced for 30 minutes after every sugar intake.

Early decay can look like white spots on your teeth and if left untreated, the spots can turn a different colour and become cavities that need fillings.

Children under the age of 15 are fortunately less susceptible to decay because of their exposure to fluoridated tap water. However, those aged between 15 and 30 and

those over 60 seem to be at risk of developing most cavities.

It is interesting to note that, according to the research, children who achieve decay free baby teeth have a 75% chance of having decay free permanent teeth!

Another problem making our teeth susceptible to decay is gum recession. As we get older our gums may recede exposing enamel free root surfaces on our teeth and these areas are more prone to decay because of the lack of protection.

Avoiding food and drink that are high in sugar, healthy eating and cutting down on snacking will help to prevent decay. Fruit is always a better substitute for a chocolate biscuit when you do snack! Drinking lots of fluoridated tap water will also help.....Bottled water doesn't always contain protective fluoride! Saliva is also your friend when it comes to fighting decay. If you think you have a dry mouth, drink more water or chew sugar free gum after a meal to get "the juices flowing" so to speak!!!



EASTER TREATS!!!!



Everyone loves to have a visit from the easter bunny on easter Sunday but sometimes it can get a little out of hand in the chocolate and lolly department!!!. If you have children it can be quite difficult to manage their sugar intake around this time. There are however a few things you can do to minimise their chocolate/sugar intake without being the wicked witch of the west!!

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Instead of buying easter eggs for their friends you could get them to decorate a egg to give to them. It's a bit tricky you will need to get water proof texters and glue if you want to stick things onto them. They will need your help but its lots of fun. First of all you need to put 2 pin holes through the egg, one in the bottom and one in the top. Its probably wise do this bit as we don't want your little darlings stabbing themselves with pins!! Then the white and yolk need to be blown out of the egg. This

can be quite messy so again supervision is a wise thing. Once everything is out decoration can begin, The eggs will be quite delicate so no heavy hands. Once the egg has been decorated and it is dry a good coat of clear nail varnish all around the egg will not only make the egg nice and shiny but it will also protect the beautiful artwork!!
Now mums and dads, older kids everyone who is over the age of 10!!!! You too can decorate an egg, its not only for kids enjoyment! It really is lots of fun and a way to gift an individual present at easter time that can be kept rather than eaten!

If Chocolate eggs are still your number one choice at easter then there are also ways to minimise the intake of chocolate. I find that rationing and sharing are very useful tools to have most days but come in particularly handy at easter time!
Nominate a day or two a week when

you children can eat their chocolate eggs. Dishing out an egg for good behavior or a chore. Giving you children the option of may be giving one or two of their eggs to a charity that gives easter eggs to needy children. You should be the only one who can access the chocolate eggs and goodies as its too much of a temptation for children if they are readily available to them.

