

Dr Ian's NEWSLETTER

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NEW YEARS RESOLUTIONS

First and foremost we would like to wish everyone a very happy and healthy 2007.

The first week in January is always the time for applying those resolutions that were made on new years eve. What was yours???

Many people choose to try and become fit and healthy for the coming year by joining a health club or gym.

Included in staying fit and healthy is to look after your teeth and gums by doing a few simple things.....

* **Brush every morning and every night.** Doing this routinely will not only make your mouth feel so much fresher but is a vital part of keeping you teeth free from decay.

* **Floss Daily.** This is very important because brushing alone will not clean in between your teeth. The only way food debris and plaque can be removed from these areas is by flossing. Not

flossing will cause inflammation of the gums, decay in between teeth.

* **Don't ignore pain in your mouth.**

* Come to see Dr Yerbury for regular 6 monthly check ups. Doing this is so important to the health of your teeth as if we see you regularly we are more likely to be aware of any minimal change in your mouth therefore minimising what



SENSITIVITY



So.....Hands up if anyone has sensitive teeth since indulging in all those yummy treats at Christmas?? Quite a few things can cause sensitivity and quite often the problem can be resolved easily. Certain foods and drinks can be a cause of sensitivity.

- Citrus Fruits
- Wine, champagne
- Beer
- Cocktails



and many more.... Just ask Dr Ian. Here is a tip to keep the sensitivity to a minimum.

When drinking, not only will having a glass of water after each glass of wine help your head the next day but it will also gently wash the acidity in the wine off your teeth.



The same goes for eating..... When you have eaten that juicy piece of pineapple or grapefruit, wash it down with a glass of water.

It is a common misconception that it is good to brush your teeth straight after eating but it can actually do

more harm than good when eating or drinking things which are very sugary or acidic as during and just after you are eating your body produces saliva to aid digestion. This also coats your teeth and acts as protection and if you start to brush as soon as you have finished eating you will be brushing the saliva away leaving your teeth vulnerable to the acids and sugars in the food you have just had. See over page for advice on tooth friendly snacks!!!!





WORD SEARCH!!!!!!

D S N A C K I N G T
 I R K C L E A N R E
 G T Y H G U M S B E
 E O N E W Y E A R T
 S N Z C R I T V U H
 T G P K X B N M S F
 I U L U C A U E H L
 O E Y P H O N R E O
 N S U G A R M B Y S
 S E N S I T V E F S

Try and find the words below in our word search, Just ask Katie for the special pen to use on the news letter.

- BRUSH
- CHECK UP
- CLEAN
- DIGESTION
- FLOSS
- GUMS
- SENSITIVE
- SNACKING
- SUGAR
- TONGUE
- WINE



THE ART OF GOOD ORAL HEALTH



There are 3 simple steps to good Oral Health.

Step 1—Brush.

Choose a soft toothbrush with a small head and always use a fluoride toothpaste. Hold the brush at a 45 degree angle, facing upwards and towards the gum line. Move the toothbrush in small circular movements over every tooth surface.

You should brush your teeth thoroughly twice a day. Change your toothbrush every two months to maintain the bristles, which

ensures that you always get a proper clean and stops harmful bacteria's to build up on the bristles.

Step 2—Floss.

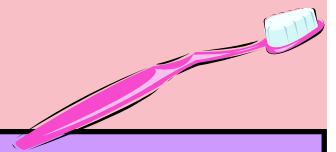
Flossing removes food particles between your teeth that your toothbrush misses. Use enough floss so you can hold the ends comfortably in you hands. Wind it around your middle fingers, leaving a gap of about 2 cm so that you can control the dental floss with your index fingers and thumbs.

Run the dental floss between the teeth in a wiping action taking the

floss right under the gum as far as it can go on both sides. Dental tape is better than a waxed floss as it is thinner and easier to use.

Step 3— Visit your dental professional regularly.

It is recommended that you visit your dentist for 6 monthly visits for a professional clean to remove calculus build up. This will help to ensure, in combination with the above steps, that your teeth and gums remain healthy for life.



CONSTANT SNACKING

The Christmas and New Year period often finds us eating a lot more. Not necessarily bigger meals, but snacking a lot more on all those yummy Christmas foods.

While this brings the most obvious problem with it such as gaining weight, also be aware that you may be encouraging tooth decay with every delicious mouthful! Snacking, especially on sweets, can mean that your teeth are covered in sugar for a lot of the time. Your best option would be to go for healthier snacks such as fruits, nuts and yoghurts and cheeses. However, if the temptation for these ever so good tasting foods is just too much, consume your sugar hit all at once or drink some water straight afterwards to wash the sugars away.

GOOD LUCK!

