

# News From Your Dentist

WallHeath  
**DENTAL  
PRACTICE**

## Dear Patient

Welcome to your first 2013 newsletter and Happy new year! Congratulations to Elaine on the birth of her baby boy in November.

We are listening to your feedback and we are working on offering more later appointment times for our valued patients, further information will follow when we have finalised the new hours.

We are having some more renovations to the practice in the early part of 2013, creating a dedicated decontamination facility, as well as office space, and simplified access to the fire exit. Watch this space!

## A beautiful smile without veneers Alignment Bleach Bonding (ABB)

Are you happy with your smile? Or is there something about your smile that you wish you could change? Are your front teeth crowded? Do they stick out and do they have gaps between them? Are they tipped back or are they rotated and out of line with the rest of your teeth? Are you thinking about veneers, but are worried about the amount of drilling of healthy teeth that is needed in order for your dentist to place veneers on your teeth?

With the Inman Aligner, you can straighten your front teeth in a matter of weeks, and combined with tooth whitening and edge bonding you can dramatically change the appearance of your smile without invasive treatment.

We think it is really important for our patients to be able to maintain a healthy smile for a lifetime, which is why we are so keen on preventing dental disease and educating our patients on how to look after their teeth and mouths. We feel the minimally invasive approach of alignment, bleach, bonding can give our patients self confidence and satisfaction with their smile without compromising a healthy mouth.

The natural tooth is a beautiful unique structure, and it is very difficult to replicate all the characteristics and details. By treating teeth with ABB the natural tooth form and character is kept and not covered.



## Services

In addition to regular dental care we offer:

Inhalation sedation (Happy Air) to help you relax

Cosmetic dentistry

Dental Implants

Inman Aligner

Hygiene treatments to assist with a cleaner healthier mouth

## 'If In Doubt Get Checked Out'

The five year survival rate of mouth cancer patients is just 50%. BUT early diagnosis gives patients a 90% survival. Regular visit to your dentist will ensure you are professionally screened for signs of mouth cancer. Talk to your dentists about the process and mouth cancer risk factors.



Self-examination is a simple, potentially life-saving process. Look out for:

- Ulcers which do not heal within three weeks
- Red and white patches in the mouth
- Unusual lumps or swellings in the mouth

If your mouth is a concern make an appointment with your dentist or GP immediately and make sure they know your worries.

**Know the risks – Lifestyle choices can prevent this significant threat.**

SMOKING, CHEWING TOBACCO, ARECA NUT, PAAN and GUTHKA are main risks.

- ALCOHOL can be deadly. Drinking and smoking to excess raises risk by up to 30 times as alcohol aids absorption of tobacco into the mouth.
- POOR DIET has been linked to mouth cancer. Make sure you get your five-a-day fruit and vegetables. Evidence shows that extra portions of fruit and vegetables reduce the risk still further, as can fish and eggs.
- HPV: the human papilloma virus (HPV), transmitted via oral sex, is a growing threat as a mouth cancer cause. Experts suggest it may rival tobacco and alcohol as a major cancer cause within 10 years.

Sadly risk knows no boundaries in relation to mouth cancer.

A growing number are developing the disease without displaying any traditional risk factors – underlining the need for check-ups and self-examination.

Men were once five times more likely to develop mouth cancer – now they are just twice as likely.

The age group affected is falling as younger people than ever are diagnosed.

For more information see [www.mouthcancer.org](http://www.mouthcancer.org)

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## Our hours

Please contact our reception team to book an appointment:

Monday to Friday	Alternate Thursdays
08:30 to 12:30 and	10:30 to 14:00 and
13:30 to 17:00	15:00 to 19:00

