

News from your dentist

The importance of drinking water



Many children do not drink enough water. Low fluid intake can lead to health problems and can affect concentration and the ability to learn. It is recommended that **ONLY** water is consumed during school time as other drinks often contain a lot of sugar.

Drinking water regularly:

- Encourages good health and wellbeing
- Prevents dehydration
- Improves energy levels and reduces tiredness
- Increases ability to concentrate
- Reduces the development of headaches.

Tips for getting your child to drink more water

- Put tap water in bottles or a jug in the fridge so fresh cool water is always handy
- Young children love straws or fun cups so saving these for water can help
- Adding ice to tap water can make it more appealing
- Avoid having sugary or colourful drinks in the house, or keep well hidden
- Be a role model, and show that drinking water is normal not a chore
- Monitor your child's water intake by filling clean water bottles in the morning and checking them later in the day

British Dental Association calls for HPV vaccinations for boys

The BDA supported Men's Health Week (15-21 June) and highlighted the issue of the need for HPV vaccinations to be extended to boys in the UK. Men's Health Week focuses on healthy living for men and challenges men to look after themselves, quit smoking, drink sensibly, have an active lifestyle, to watch their weight and make sure they attend their NHS Health Check. In the UK, HPV infection is the leading cause of oropharyngeal cancer, and yet it still gets little media attention. The BDA has been working with HPV Action to push for extension of the current vaccination programme for girls to include all adolescent boys (and not just men who have sex with men, aged 16-40, as recommended by the JCVI interim statement). The BDA is asking dentists to raise awareness with their patients of the link between HPV and oral cancers and to consider the benefits of immunisation.

For more information on how to get involved in the week and downloadable resources visit

<https://www.menshealthforum.org.uk/mhw>

Doctors join dentist in recommending a tax on sugary drinks



An extra 20% tax on sugary drinks should be introduced to tackle the obesity crisis, says the British Medical Association. It estimates poor diets are causing around 70,000 premature deaths each year. In a major report on unhealthy diets, the BMA called for

the extra money raised to be used to subsidise fresh fruit and vegetables. There has been growing concern about the damaging impact of sugar on health - from the state of people's teeth to type 2 diabetes and obesity. In its Food for Thought report, the BMA warns that a 330ml can of pop is likely to contain up to nine teaspoons of sugar that are simply "empty calories".

The BMA says that 30% of the UK population will be obese by the year 2030, a large extent of that is due to the amount of sugar we're actually consuming without realising. The biggest problem is many of us are unaware of the amount of sugar we are consuming on a day-to-day basis.

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