

# Alexandra dental care



# PRACTICE News

Providing you with news and views from the practice

Mr G. C. Savva, Mr Y. B. Savania  
& Associates

54 Alexandra Road  
Swadlincote  
Derbyshire DE11 9AZ  
Telephone: 01283 216347

## Welcome . . .

. . . to our practice newsletter. Our aim is to update you on the happenings at the practice as well as featuring key dental procedures to help improve your smile. At the practice we are here to help you have long-term oral health for life.

## MODERNIZATION AND IMPROVEMENT

We have continued investment in your dental practice to modernize and improve patient care.

This year has seen dramatic changes with the introduction of the fully networked computer system. The transition has not been smooth but the computer company assures us that they have removed the gremlins from the system.

In June, Treatment Room 1 (Yogi & Victor's surgery) was totally gutted and re-equipped with state of the art dental equipment (and a new colour scheme). This was a major project as it involved coordinating several different contractors for the flooring, cabinetry and dental chair/unit with minimal disruption.

Thank you for your patience to all who attended while the practice resembled a building site!!

The next phase of modernization is changes to the entrance, reception and waiting area. Plans have been drawn up by EasyTiger, a design company from Melbourne. However any suggestions for things you would like to see in these areas would be greatly appreciated.

## RETIREMENT

Mr. Wyndham Davies has announced his retirement from dental practice, after 45 years!! Many testimonials were received from patients thanking him for his care. A couple of quotes:

"A star among men!!" Margaret Thornton, a patient of Mr. Davies for 42 years

"Held in such high esteem by staff and patients alike." Lorraine Bates, dental nurse with the practice for 22 years.

We would like to thank him for all his hard work and wish him a long and happy retirement.

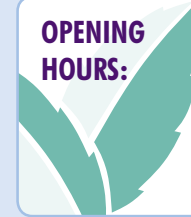
## ARRIVALS

We welcome Mandeep Bajwa, a dentist from London, who joined the practice in August.

Congratulations to Helen our Hygienist who is expecting her 2nd child in February 2004. We are currently looking for a locum hygienist to cover for her during her maternity leave.

### OPENING HOURS:

Monday	8.00 am – 8.00 pm
Tuesday	8.00 am – 6.00 pm
Wednesday	8.00 am – 6.00 pm
Thursday	8.00 am – 7.00 pm
Friday	8.00 am – 6.00 pm
Saturday	9.00 am – 1.00 pm



## Chew Your Way To A Healthier Smile

It has been proven that using sugar-free chewing gum after meals can help to prevent tooth decay.

Chewing gum makes your mouth produce more saliva, which helps to cancel out the acid in your mouth after eating or drinking.

However, it is important to use only sugar-free gum, as ordinary chewing gum contains sugar and therefore may damage your teeth.



## Dental Erosion

Dental erosion is caused by acid in food attacking the teeth. The acid breaks down the hard enamel coating of the tooth, which protects the sensitive dentine underneath.

Acidic foods and drinks can be particularly harmful to teeth. Fruit and fruit juice contain natural acids. Fizzy drinks are also a cause of enamel erosion – it is important to remember that even the diet brands are still as harmful. Even flavoured fizzy waters can have an effect if taken in large amounts, as they contain certain acids that can harm teeth.

Erosion is usually visible as hollows in the teeth and a general wearing away of the tooth surfaces and biting edges. This can expose the dentine underneath, which is a darker yellow colour than the enamel. As the dentine exposed is sensitive, teeth can also become more sensitive to hot, cold or sweet foods and drink.

Try to cut down on the amount of acidic food and drinks that you use, or limit them to mealtimes.



## White Fillings

The practice is pleased to offer white fillings as an attractive alternative to traditional metal-coloured fillings, in some teeth.

Most people have fillings of one sort or another in their mouths. Nowadays fillings are not only functional, but can be natural-looking as well. Many people don't want metal-coloured fillings that show when they laugh or smile because they are more conscious about the way they look. We are always happy to discuss alternatives.



Metal-coloured fillings . . . . . alternative White fillings

## What Is Plaque?

Plaque is a thin, sticky film of bacteria that constantly forms on your teeth.

When you eat foods containing sugars and starches, the bacteria in plaque produce acids, which attacks your tooth enamel. The stickiness of the plaque keeps these acids in contact with your teeth. With constant attack from the acids, the tooth enamel breaks down, forming a hole or cavity.

## How to look after your teeth for the 363 days a year that you don't see your dentist!

### PREVENTIVE DENTISTRY

Preventive dentistry is the modern way of reducing the amount of dental treatment necessary to maintain a healthy mouth. With your dentist, hygienist and you all working together, you can reduce the need for further treatment, avoiding the traditional pattern of fillings and extractions. It is likely that your dentist will work out a course of treatment to get your mouth into excellent condition, and then give you a plan to help you keep it that way. This will almost certainly include regular hygiene visits, and advice on regular brushing and flossing.

### KEEPING YOUR TEETH AND GUMS HEALTHY

It is easy to keep your mouth clean and healthy. A simple routine of brushing and cleaning between the teeth, good eating habits and regular dental and hygiene visits can help prevent most dental problems.

Although most people brush regularly, many people don't clean between their teeth properly. A few small changes in your daily routine can make a big difference in the long run.

Your dentist or hygienist can remove any build-up on your teeth and treat any gum disease that has already appeared, but daily dental care is up to you. The main instruments for combating tooth decay and gum disease are the toothbrush, dental floss and inter-dental brushes.

### WHEN SHOULD I BRUSH MY TEETH?

It is important that you brush your teeth twice a day. The best times are first thing in the morning, before breakfast, and last thing at night before you go to bed.

It is especially important to brush your teeth before you go to bed. This is because the flow of saliva, which is the mouth's own cleaning system, slows down during the night, and leaves the mouth more at risk from decay.

Eating and drinking naturally weaken the enamel on your teeth, and brushing straight after a meal can cause tiny particles of enamel to be brushed away. It is best not to brush your teeth until at least one hour after eating.

### HOW OFTEN SHOULD I CHANGE MY TOOTHBRUSH?

Worn-out toothbrushes do not clean your teeth properly and may damage your gums. It is important to change your toothbrush every two to three months, or sooner if the filaments become worn. When bristles become splayed, they do not clean properly.

### DID YOU KNOW ...

... at the age of 104, Maria Vasilieva of Russia grew three new teeth! Now she can sink her new teeth into her favourite snack – ginger biscuits!



◀ BEFORE  
▶ AFTER



## Veneers

The practice is pleased to offer veneers as a cosmetic treatment to improve the appearance of your teeth. A veneer is a thin layer of porcelain made to fit over the front surface of a tooth, like a false fingernail fits over a nail. Sometimes a natural "composite" material is used instead of porcelain.

Veneers can improve the colour, shape and position of your teeth. A precise shade of porcelain can be chosen to give the right colour to improve a single discoloured or stained tooth or to lighten front teeth (usually the upper ones). A veneer can make a chipped tooth look intact again. The porcelain covers the whole of the front of the tooth with a thicker section replacing the broken part. Veneers can also be used to close small gaps, when orthodontics (braces) are not suitable. If one tooth is slightly out of position, a veneer can sometimes be fitted to bring it into line with the others.

Veneers make teeth look natural and healthy. Because they are very thin and are held in place by a special strong bond (rather like super-glue) very little preparation of the tooth is needed, but the results can be amazing.

## BUDGET FOR DENTAL CARE . . . AND SAVE MONEY

Many patients have taken the opportunity of joining our membership scheme and have been delighted with the benefits. We thought it was worthwhile reminding you of the savings our members are making, and pointing out that you can join at any time. This is especially relevant if you are considering treatment, as you will receive a discount on your fee.

### WHAT NEXT?

Please telephone the practice if you would like us to send you a registration form by post. Alternatively, you can call in to the practice and we can complete a form. This will only take a few minutes and will require simply your name and address and bank account details.

FOR MORE INFORMATION ABOUT ANY OF THE PRODUCTS OR SERVICES FEATURED, PLEASE ASK YOUR DENTIST OR A MEMBER OF THE TEAM.

You would Plan and Budget for your holiday

So why not Plan and Budget for your Dental Care



Plan, Budget & Relax

All patients are automatically covered by Worldwide Trauma and Emergency Call-Out Insurance

Please ask at Reception for further details