

# Suffer from white spots on your teeth?

## Try our Icon-ic treatment!

**Our patient suffered from Amelogenesis Imperfecta, which is a genetic condition that affects the enamel on the outside of the tooth. In this case, the patient had softer enamel with brown spots and white spots on the front teeth.**

Using Icon® treatment and a technique called 'resin infiltration', the brown spots were removed and then covered over with tooth-coloured filling material to mask the brown spots and camouflage the white spots. Only a superficial layer of enamel is removed making this a minimally invasive treatment.

This treatment can be completed in a single visit in around 90 minutes and the results are very long lasting.

### Take a look at our patient's results and thoughts:

"I didn't like how my front teeth looked and was very embarrassed by them. I spoke to my dentist who told me about this treatment, and I was happy that something could be done.

**The treatment was quite easy and not painful at all!**

When Luke showed me my teeth after the treatment I was over the moon and relieved, the result was brilliant.

I am extremely happy with the results and would recommend this treatment to anyone who has the same problem as me."

A. Webster

Before



After



**To find out more about Icon® treatment, speak to our reception team or call us 01283 216347 to book a consultation.**

## Kick Sugar to the curb

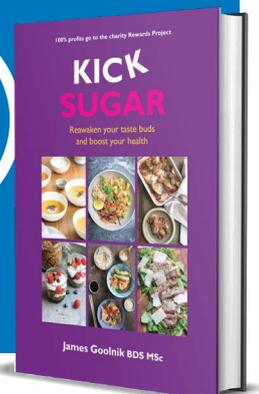
Kick Sugar is a great book written by a highly experienced dentist in the UK, James Goolnik. The book is first and foremost a cookbook aimed at reawakening the taste buds for those who want to kick sugar for good.

The recipes included in the book allow the reader to diet, reduce sugar and maintain nutrition.

Many of us suffer from a sweet tooth but the aim of the book is to provide recipes to the reader to help you feel healthier without the need of sugar, especially due to its negative effect on general wellbeing.

We thoroughly recommend reading this to help you and your family experience the benefits of a reduced sugar lifestyle, maintaining your dental as well as general health.

**100% of the proceeds also go to the Rewards Project too, so it's a win-win!**



## What's new for Yogi?

Yogi is currently studying for an Orthodontic Diploma at the City of London Dental School. He has over **25 years** of orthodontic experience and this diploma will increase his knowledge of the latest technology in clear braces. Yogi will continue to provide the most up-to-date techniques for the benefit of our patients.

Yogi has once again been short-listed as a finalist in this year's Aesthetic Dentistry Awards for Orthodontic Invisalign® Treatments. This is a prestigious national event and we wish him luck at the ceremony in London soon.



# Helping your teenagers to straighten up!

Many teenagers dread the idea of having to wear fixed braces and often describe it as having 'a mouth full of metal'.

Fortunately, due to advancements in cosmetic dentistry, this no longer has to be the case. Invisalign Teen® offers a much less noticeable way for children and teens to straighten their teeth.

The Invisalign Teen® system has added features over the adult version – they're designed to help teenagers with compliance indicators so dentists and parents can check that aligners are being worn for the correct amount of time.



## The big benefits of Invisalign Teen® are:

- The aligners are virtually invisible due to the clear material they're made of
- They are simple to remove so you can clean and floss as normal
- They're removable for sports, eating and playing instruments
- The aligners are good for your oral health due to teeth moving into optimum cleaning position
- Treatment times are usually shorter than traditional methods.

With NHS orthodontic funding constantly reducing, waiting times are increasing and many children are being denied orthodontic treatment due to restrictions as to who is eligible for NHS treatment. Parents are choosing Invisalign Teen® as a great alternative and payment plans are available to spread the cost.



Please speak to us directly or call us **01283 216347** to find out more about Invisalign Teen®.

# Invisalign®

## Results you can see, with braces you won't

"I had always been unhappy with the appearance of my teeth and never felt confident in front of a camera. I had researched many dental practices hoping to have the Invisalign treatment only to be told this option would not work for me and I would have to have the old-fashioned train track braces which was something I was too conscious about.

I carried on researching the Invisalign treatment and that is when I found Yogi Savania and Alexandra Dental Care. Although Alexandra Dental Care was about a 30-minute drive away from where I lived I could see that Yogi had won lots of awards for his Invisalign treatment and that he was a Platinum Provider.

As soon as I arrived for my consultation the staff were extremely friendly, and the treatment coordinator explained everything perfectly, but what I appreciated the most was the fact that Yogi also took the time to come and meet me.

Once I was shown the

clincheck this just made me want the treatment even more, to be shown what the final result would be clinched the deal for me. Yogi went through the treatment with me step by step so I always felt I was in control and knew what would be happening next.

Yogi was very accommodating with my appointments due to my work



Before



After

commitments and from the start of my treatment to now I have received only the best service from all the members of staff.

I am much more confident now I have completed the Invisalign® treatment, I get lots of compliments and I am so happy I decided to go ahead with the treatment.

I would highly recommend the Invisalign treatment and Alexandra Dental Care and I will be sticking with them for a very long time.

Thank you to Yogi and all the staff, especially Yogi for giving me the confidence to smile."

*PR.*



## The Dangers of DIY Braces



Many patients have asked about DIY Clear Braces Clubs which can be ordered direct over the internet. These systems are heavily marketed on social media and TV. These usually do not have any appointments with a qualified professional, so people are running into problems when they may not be suitable for this type of treatment – particularly those with overcrowded teeth.

**The British Orthodontic Society has released a statement warning against buying dental treatments, such as braces, over the internet.**

'We urge patients to think twice before deciding to go ahead with any treatment which is carried out remotely, without a consultation, or chosen via the internet,' said Richard George, Director of External Relations. 'The best starting point for orthodontics should always be to see a clinician who has the appropriate training and experience.'

The General Dental Council is also looking

into the legitimacy of these companies providing this sort of product. There are currently hundreds of complaints by people whose treatments have not gone as planned or caused deterioration in dental health.

We have developed a portfolio of the problems we have personally found with these products – ask us at your next appointment to see this before making the decision to undertake DIY dentistry.

Please speak to us directly or call us **01283 216347** to book a consultation if you would like to straighten your smile in a safe environment.

# Putting our best foot forward



**We love a good cause here at Alexandra Dental Care! Myself, Tracey Savva and Angela Tyrrell will be taking part in the Northumberland Coast Mighty Hike on 4th July 2020.**

We all love this part of the country and thought it would be great to attempt the Mighty Hike and raise money for a fantastic charity at the same time.

We definitely can't run a marathon but will do our best to walk one!

Unfortunately, most of us have been affected by cancer - Tracey lost both of her parents to this disease and Angela has nursed many cancer patients over her career. We'll be called 'Mustn't Grumble' in memory of Angela's mum, Muriel.

We'll be so grateful for any donations for this brilliant charity. Macmillan Cancer Support provides invaluable support and receives no government funding for the vital work they do.

Please visit the team Just Giving page: <https://www.justgiving.com/fundraising/Sav2020>

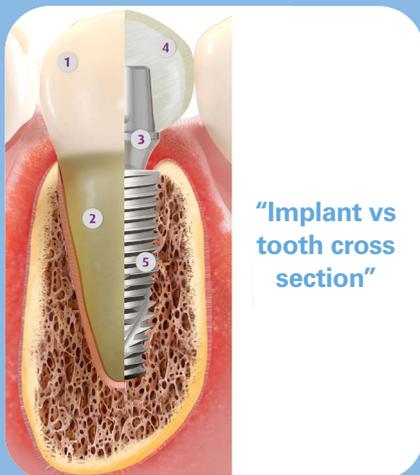
Thank you.

George Savva

## What can dental implants do for you?

Dental implants are devices made of titanium used to replace the root of the tooth and give support to a prosthesis, thus contributing to improved physical appearance and jaw strength.

They are suitable for patients who have lost one, several or all of their teeth.



"Implant vs tooth cross section"

You can see the structure of a natural tooth compared to a prosthesis on an implant in the illustration opposite.

1. Natural dental crown
2. Root of natural tooth
3. Prosthetic (intermediate) component
4. Prosthetic crown
5. Dental implant

A major advantage of the use of prostheses on implants is the fact that they do not move around in the mouth when eating or speaking.

This certainty provides a more natural and comfortable result than bridges or conventional dentures, thus improving well-being and your quality of life.

## Crowns fit for a king

Our state-of-the-art technology and forward-thinking approach mean your treatments are becoming more and more convenient for you. We can restore teeth with crowns in a single appointment - no need for temporary crowns or gloopy impressions! We've been doing this for 12 years with our CAD/CAM CEREC® machine but now we have invested in iTero® scanners, which are the next generation - allowing ever quicker scans.

We are also linked to a SZ4 milling machine and are proud that we are one of the first practices in the UK to have this set up - you'll be able to experience the most modern treatment with us!

This opens up new possibilities for implant and crown work and reflects our ongoing commitment to provide the best care possible to you.

