

George supporting the future of dentistry in the UK



Our very own expert, George Savva, was invited by a specialist dental event to be one of the prestigious experts on a panel in Birmingham, giving his helpful advice to dentists. This was attended by 120 dentists from all over the Midlands in regards to the future of dentistry in the UK.

Let's get social!

Don't forget to enter our monthly prize draw. For a chance to win an electric toothbrush or £50 in dental vouchers all you need to do is leave us a Google review. We love reading them! Here are some recent reviews:

"Had to have an emergency extraction today which proved difficult. The two dentists that saw me were amazing, they didn't lose patience with me even though I was that scared, I was shaking. I can't rate this dental practice highly enough."

"Outstanding service and friendly staff. Won't go anywhere else."

"George and his team are fantastic! I have previously had a phobia of dentists and since coming here I am so much calmer and don't worry half as much! They really care about putting you at ease and the service is excellent."



Patients ask us frequently if teeth whitening toothpaste can damage the enamel on our teeth or whether it actually even works.

Whilst the whitening toothpaste can remove some staining caused by tea, coffee, smoking etc. the toothpaste can be very abrasive and contains tiny particles which remove the stains by scratching the surface of your enamel. Once your enamel has been removed it does not grow back and excessive wear can lead to sensitivity and even tooth decay!

If you would like whiter teeth, it is best to have professional dental whitening done safely under the supervision and care of a dentist to preserve the strength of your tooth's enamel.

The dangers of drinking energy drinks

It has been reported recently about the dangers of the hidden sugars in energy drinks. The high sugar content of these drinks not only can result in obesity and increased risk of disease, but also severe tooth decay. There are warnings of the dangers of the high caffeine content in regards to your wellbeing, but we advise being wary of the added sugars too.

Monster Energy	55g per 500ml	14 teaspoons
Red Bull	54g per 500ml	13.5 teaspoons
Lucozade Energy Pink Lemonade	22g per 500ml	5.5 teaspoon



Creating Smiles
www.alexandradentalcare.co.uk
01283 216347

Experiencing the Invisalign® Journey



Sam's story:

// I decided that I would like my teeth straightened because in my opinion **my teeth were 'awful'**. I was very conscious of my teeth because my job was client facing and I knew I didn't want a fixed brace.

I researched Invisalign® treatment and Yogi on the Alexandra Dental Care website. Yogi was also recommended to me as a local and a trusted Invisalign® provider. For me, this was a win-win situation.

When I came to the practice they explained the treatment thoroughly. Using my photos, Yogi showed me the options for my smile and discussed in detail how we could achieve what I wanted.

The treatment and care I received from the whole team was fantastic. The continuity of Yogi's staff that assisted in the surgery was great. My appointment times were helpfully worked around my working hours.

Now the treatment is complete I know I smile more in photographs. I love showing off the treatment I have had done. **Now my smile is fantastic! //**

Sam B.

If you're interested in teeth straightening just give us a call on 01283 216347.

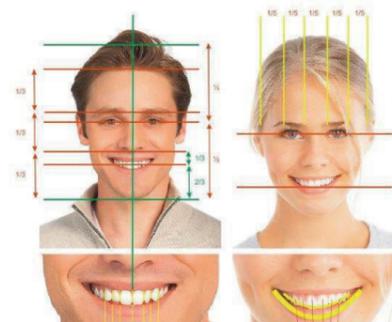
The science behind Sam's new smile

Sam's smile was created by Yogi using Smile Design Techniques, requiring artistic ability and extensive knowledge.

By careful analysis of tooth size proportion and misalignments, it was apparent that straightening alone would only partially improve his smile.

By using photos and digital simulators to demonstrate what could be achieved it was agreed with Sam that following Invisalign®, some gum re-contouring and composite bonding would result in the best aesthetic proportions and a great looking smile to be confident about.

The photos show the detailed planning and meticulous treatment that a skilled cosmetic dentist can perform, leading to a superb transformation.



Futuristic dentistry for your comfort

We were very excited to take delivery before Christmas of our new iTero® scanner. This digital scanner replaces old fashioned, unpleasant, 'gloppy' impressions that our patients found uncomfortable, enabling digital scans of teeth for many applications e.g. crowns, implants and also long term monitoring of teeth and gums with an innovative time lapse facility.

If you're considering Invisalign®, you can view a smile simulation of your own teeth to show what your smile will look like post treatment with a click of a button. Our fully trained 'smile advisors' are on hand throughout the day to scan any patient new or old who may be thinking of starting this amazing journey of teeth straightening.

Our iTero® scanner compliments our CEREC® scanner which we have had in the practice for 10 years (used for instant crowns and onlays) and reflects our pursuit of clinical excellence for our patients by investing in the latest technology.



What is root canal treatment?



A treatment that often instils fear into patients who don't understand what it entails. When tooth pulp has been infected, either because of decay or severe damage to the tooth, root treatment will, in most cases, avoid the need to extract a tooth.

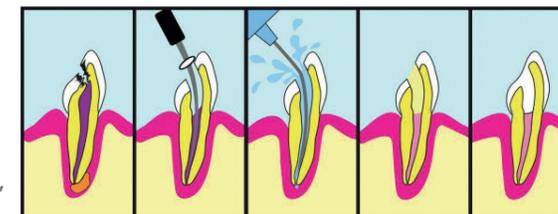
Root canal treatment (also called endodontics) involves cleaning all infected material from the root system of the tooth and then sealing the roots so that infection cannot happen again.

Root canal treatment is a complex process as the root systems of teeth can be very irregular. The pictures below show such a treatment on two molar teeth.



We use state-of-the-art nickel titanium instruments that can work around tight curves in roots as shown below. This allows us to correctly shape all accessible parts of the root canal system so that they can be properly sealed.

An important element of the treatment is disinfecting the roots via a washing process using special irrigants. Once the root canals are shaped, disinfected and dried, they are sealed to prevent new infections, as shown to the right:



Whether it would be best to fill a root or add a crown to the treated tooth will depend on several factors. For instance, if a tooth was badly infected it would be better to wait to ensure the root treatment was successful before considering an expensive crown. In other teeth with little breakdown, a tooth coloured filling will safely and aesthetically restore the tooth. If your tooth has been badly damaged, it may be better for strength and aesthetics to consider having a crown immediately following completion of the root canal treatment.

If it looks like root treatment is necessary for your dental care, our commitment is to look carefully at your circumstances and give you honest advice about treatment possibilities.

These days, modern root canal treatment techniques can be carried out painlessly and predictably to save teeth and should always be considered if there are signs that you have an infected tooth.

Aesthetic Dentistry Awards

We are delighted to announce that Dr Yogi Savania has been short listed as a finalist in the Aesthetic Dentistry Awards 2019 for his incredible work in Invisalign® orthodontics.

It is a great honour for our own local cosmetic dentist to be once again recognised in these national awards. Good luck Yogi at the prestigious awards ceremony in London!

Mouth Cancer Awareness Month



Last year we took part in Mouth Cancer Awareness Month running through October and November at a countywide workshop at the Big Health Connect event in Leicester.

Only 3% of all cancer cases in the UK are mouth cancers. We took part in raising awareness about the 7 easy step tool to screen for cancer at home. A photo demonstration of the 7 step cancer screen is available online www.mouthcancerfoundation.org.

2 out of 3 cases of oral cancer are linked to smoking, 1 out of 3 are linked with alcohol. In a person who smokes and drinks alcohol the risk is increased up to 30 times! Reducing your risk of cancer is easy; try to reduce your alcohol intake and reduce tobacco usage. Stopping smoking is very difficult for many. The NHS have a FREE Stop Smoking service which is available through self-referral through your GP or pharmacy. You are more likely to quit for good if you use this service as it comes with a range of support.

Speaking to us can help motivate you to stop as this could improve your gum health and help you save money for healthy snacks. The average smoker spends £5.20 a day on cigarettes which is £156 a month or £1,898 a year! As part of your examination the dentist will conduct a visual oral cancer screening.

More information is available online at www.mouthcancerfoundation.org or speak to your dentist.

What's new with the Alexandra team?

Dr Moe Issa will be reducing his appointments from the beginning of April, to allow him to concentrate on his specialised field of periodontics (gum treatments).

This gives us the opportunity to introduce our new dentist, Dr Jasdeep "Jas" Savva. Jas is especially good with nervous patients and enjoys nothing more than helping to build patients trust and overcome their worries. She is a keen baker and Dr George Savva's daughter-in-law.



Congratulations to our dental nurse Rhiannon on fulfilling the requirements of the National Examining Board for Dental Nurses. Rhiannon has been awarded the National Diploma in Dental Nursing.

And a huge congratulations to our dental nurse, Scarlet, and her husband Adam on the safe arrival of their beautiful baby boy, Toby Hastings Lewis, who finally decided to arrive on 2nd February. We wish them all the best.



We're open on Saturdays!

For those patients that struggle to attend mid-week, you will be pleased to know that the practice is open Saturday morning, 9:00am until 1:00pm, for routine dental and hygiene appointments.