

# BDC Newsletter

Issue 1 Summer 2010

## Welcome from Nick & Polly



Welcome to our first newsletter designed to keep you informed of all our activities and services. Those of you who have been visiting in recent months will have noticed the programme of refurbishment taking place in the practice. We are aiming to make the practice run more efficiently and smoothly with our touch-screen log in system and more comfortable with improvements to our waiting areas. Please be assured that we do not wish to lose our 'personal touch' and our reception team is still keen to interact with you. What is less visible perhaps is our expansion, with two new surgeries bringing our practice to eight surgeries – we are now the largest in the

borough. What difference does that make to you? Well along with the new surgeries we are able to offer new services such as our CEREC machine (tooth restoration treatment in just one visit), specialist treatments such as implant techniques, and cosmetic smile makeovers to name but a few. We'd also welcome your feedback on how we are doing please feel free to email us at [rec.beckenham-dentalcentre@btconnect.com](mailto:rec.beckenham-dentalcentre@btconnect.com) or call 0208 6501209.

## Feeling the Credit Crunch?

Protect your family during financial uncertainty by budgeting for their dental care with affordable monthly payments. With Denplan Care you pay for regular dental care the easy way, spreading the costs with predictable monthly payments.

The fixed monthly sum you pay not only helps you to budget for your dental care, but also gives you peace-of-mind in the event of a dental injury or dental emergency. Speak to a staff member to see the Denplan literature or visit [www.denplan.co.uk](http://www.denplan.co.uk).

## Did you know? Smiling is good for you..

According to The British Dental Health Foundation, a smile gives the same level of stimulation as eating 2,000 chocolate bars. The results were found after researchers measured brain and heart activity in volunteers as they were shown pictures of smiling people and given money and chocolate.

Dr. Nigel Carter of the Foundation, pointed out, "We have long been drawing attention to the fact that smiling increases happiness both in yourself and those around you, so it is good to receive the backing of this scientific research ... A healthy smile can improve your confidence, help you make friends and help you to succeed in your career ...

## The search is on for the smile of Bromley

**Win £100 worth of M&S vouchers and free tooth whitening.**

As part of our Practice re-fresh, our website is also undergoing a makeover too. Rather than use models we'd like to have the smile of someone local for our promotional literature, adverts and website. Open to all age-groups perhaps you, or someone you know has a winning smile? Please send your photos by email to [patsias@btconnect](mailto:patsias@btconnect), leave with reception, or post to us at 14 Bromley Road, Beckenham, Kent BR3 5JE. The winner will receive £100 in M&S vouchers and free tooth whitening!

We'll announce the winner in the next newsletter and local press.

**Make sure that you have the smile you want to show to the world with regular check-ups and hygienist visits. Leading us nicely into our next news item...**

# National Smile Month

National Smile Month started on 16th May, an annual awareness campaign run by UK oral health charity, the British Dental Health Foundation. This year's campaign slogan is 'Teeth For Life', highlighting the importance of looking after your teeth and maintaining them for life, also stressing that a healthy diet can improve the quality of your life. The message is also intended to

raise awareness of the link between good oral health and good overall body health.

As part of National Smile Month we have a number of activities planned including Dental education programmes within local schools. This is starting with Nick and his daughter Abby (a dental hygienist) giving a talk to some of the children at Worsley Bridge School.

## Why use Interdental (bottle) brushes?

Using a bottle brush will help fight plaque and remove debris from in between your teeth or braces, bridges or implants. Plaque is the primary cause of gum disease, decay and loss of teeth. What is less well-known are the systemic side effects of plaque that include heart disease and even low birth-weight babies. Using bottle brushes allows you to reach those places such as under the gum margin that toothbrushes simply can't access.

Start by making the brush wet, and insert it into the gap between your teeth. Move the brush in and out gently. Slide it out, rinse it off, and move onto the next space. Be gentle and do not try to force the brush into spaces that are too small.

You can carry one with you to use after meals as well.

Just as you replace your regular toothbrush every few months, the brush should be replaced as well. If the bristles start to show wear or become mis-shapen,

it is time for a new one. The brushes come in various shapes and sizes. Choose one that is small enough to fit into the gaps between your teeth. Brushing and flossing twice a day helps greatly in the fight against plaque and gum disease but even those who maintain a strict regime of brushing and flossing will notice a buildup of plaque when they visit the dentist every six months. Adding a bottle brush to your routine will help to remove any buildup between the teeth and in hard to reach spaces that your toothbrush could not get to. The action of sliding the brush in and out between your teeth not only removes the debris between the teeth and below the gum line, but the action of brushing the gum will help keep the gums healthy and strong. Ideally use once a day, preferably at night. They come in various sizes so ask your dentist or hygienist to help you choose the right size for you. We'll be sure to notice a difference at your next visit.



## Our new CEREC machine

### tooth restoration treatment in just one visit

We now have the capability with our new CEREC machine to replace metal fillings and make crowns and veneers in-house in one visit. We are one of only two practices in the Borough with this technology and the only practice to offer this service to NHS patients.

What are the benefits of CEREC?

There are several advantages to having treatment with CEREC over conventional, laboratory-made restorations:

Everything is carried out in a single visit - you only need to visit the dentist once instead of the usual two or three visits as with laboratory-made veneers or crowns. You only need one local anaesthetic - since the entire procedure can normally be carried out within one visit.

Your dentist is in complete control of the final result - since the crown or veneer is designed and fabricated from start to finish by your dentist, he/she has total control over how it will look and fit, whereas a crown made in a laboratory is under the control of the technician who hasn't even seen the patient.

No temporary restorations - if you have lab-made crowns, you would require temporary crowns during the wait for your new teeth. These have been known to fall off and cause problems, which is a step that is omitted with CEREC restorations.

How much does this cost?

You would probably think that restorations made with this state-of-the-art technology would cost a lot more than standard lab-made veneers and crowns. However, there is often very little - if any - difference in price, because you only need one appointment with the dentist and there are no laboratory fees to incorporate into the price of your treatment.

How does it work? Your dentist will prepare your tooth in the normal way he/she would before fitting a crown or a veneer. At this point, instead of using "dental putty" to take an impression of your tooth, a digital image is taken using a special camera. This image is then converted into a 3D computerised model of your tooth, which is used as a guide to design your new restoration. Once your dentist is happy with the newly designed tooth, this data is sent to an onsite milling machine, which fabricates your new tooth from a high-quality ceramic block. The milling process can take anywhere from as little as 6 minutes to 30 minutes depending on the exact technology and complexity of the tooth. Your new restoration will then be cemented into place onto your prepared tooth.



## Staff News

Welcome back to Janet Wright who returns to us after a six month absence while she was being treated for breast cancer. Janet would like to extend her thanks to all those who sent cards and good wishes during her illness and is delighted to have a return to good health and her dentistry. Dominique Joe will be going on maternity leave soon. We wish her well and look forward to welcoming her back after her maternity leave.