

Welcome to our latest practice newsletter

Our aim is to update you on the happenings at the practice as well as featuring procedures to help improve your smile.



Kimbolton Dental Studio

52 High Street
Kimbolton
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Beware of Hidden Sugars

The media has been having a frenzy over our nation's obsession with sugar lately.

Even if you've consciously cut back, your diet might still contain hidden sugar that you were unaware of.

Some sweet-tasting foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them – it's just labelled in a different way, for example 'dextrose', 'sucrose' or 'modified starch'.

Low fat foods are often the worst culprits, for example a seemingly healthy 150g pot of Yeo Valley 0% fat vanilla yoghurt contains roughly 5 teaspoons of sugar. Whereas surprisingly, in comparison a bowl of Kellogg's Frosties has about 4 teaspoons.

Try to stick to three meals and two snacks a day to allow the teeth time to recover from the acid attack caused when sugar in your food and drink meets the bacteria in dental plaque.

Get into the habit of reading your food labels as often soups and main dishes can be loaded with sugar. Sugar is really quite an unnecessary part of our calorie intake as it has no nutritional value and is acknowledged to not only cause dental disease but also obesity and diabetes.



Smile psychology

Having a great smile not only boosts your confidence, it can also help you to be happy and healthy.

Smiling has hormonal and physiological consequences which make us feel better and want to smile more.



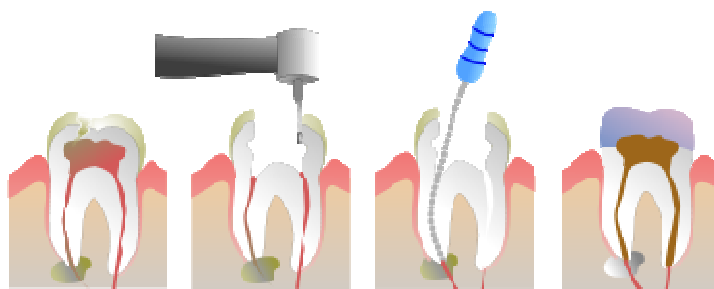
Darwin stated that 'smiling is the outward manifestation of happiness and serves to begin to connect us to others'.

Smiling is universal and infectious – it not only makes you feel better but also makes others respond more positively to you. Smiling can even help you to stay looking young – it uses far less muscles to smile than it does to frown (43 muscles to frown; 17 to smile), which means you're less likely to acquire ageing frown lines!

If you are self-conscious about your smile for any reason, please speak to us. We'll be happy to suggest ways in which it could be enhanced.

What is a Root Canal Treatment?

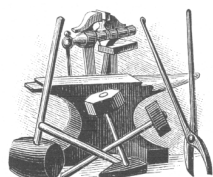
A root canal involves taking out the nerve of a tooth, cleaning and shaping the canal space and then filling it up to prevent bacteria from getting back into the root system.



When a nerve dies in a tooth it is often referred to as 'non-vital'. Though it may be painless for a time- it is still infected and the balance of bacteria could be upset and an abscess (collection of pus) could form at any time.

The purpose of a root canal treatment is to allow a tooth, without a living nerve, to remain in the mouth without pain when chewing and for cosmetic reasons.

Fun Facts



In the early 1800's the job of dentists didn't exist. Instead the job fell to Blacksmiths & Barbers to perform the majority of dental work



In 2013 a toothbrush belonging to Apollo II astronaut Buzz Aldrin sold at auction for a whopping \$22,705

Why go electric?

Dentists overwhelmingly recommend electric toothbrushes as the best way to improve oral health. Electric toothbrushes are more accurate, more consistent, and make many more brush strokes than their manual counterparts.



Plaque is fairly easy to remove for up to two days after it's started to build up. Philips Sonicare is an easy way to get rid of it – longer, more frequent brushing will remove it fairly quickly.

Why Philips Sonicare?

Philips Sonicare removes up to 7x more plaque than a manual toothbrush. That's because it makes 31,000 brush strokes per minute, compared with a manual toothbrush's 300 brush strokes per minute. It also makes it far easier to keep the hard-to-access areas of your mouth clean.

At Kimbolton Dental Studio we really appreciate your continued support.

If you are looking for a more convenient way to pay for your dental care, our Denplan scheme may be of interest to you. Please ask us for more information.



Go Online



Keep checking our website for the latest news

www.kimboltondentalstudio.co.uk

You can contact us via the website or find details of our out of hour's service

What is tooth sensitivity?

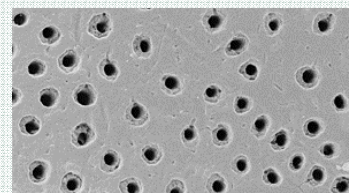
Tooth sensitivity is due to the exposure of dentin, the part of the tooth which covers the nerve, either through loss of the enamel layer or recession of the gums. Temperature changes and certain foods (acidic or sweet) can cause the tooth or teeth to be painful. The pain usually subsides after a short period of time.

The dentin contains a large numbers of pores or tubes that run from the outside of the tooth to the nerve in the centre. When the dentin is exposed, these tubes can be stimulated by changes in temperature or certain foods. Here is an image of what the dentin tubes look like under the microscope:

What Can Be Done?

If the sensitivity is due to a cavity, a restoration can be placed. However, if the cause is from dentin being exposed, then there are a number of at home treatments that can be used to reduce the sensitivity.

- Use a very soft bristle tooth brush, with low abrasive tooth paste
- Brush correctly and do not over brush
- Use a tooth paste specially formulated to soothe the nerve endings in the tooth
- Use a high concentration fluoride toothpaste (available from us) to strengthen the tooth surface.



There are a number of treatments available, we can help you find those that will work best, depending on your situation.

Please do not try to diagnose this problem yourself. It may be the sign of something more serious, and only a dental professional can tell you what it really is.

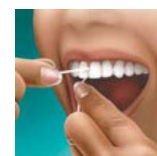
What Is the Right Way to Floss?

You're flossing – great! But in order for dental floss to effectively remove plaque from your teeth, you need to be sure you're using the correct technique. To receive maximum benefits from flossing, use the following technique:

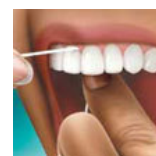
1. Starting with about 18 inches of floss, wind most of the floss around each middle finger, leaving an inch or two of floss to work with.
2. Holding the floss tautly between your thumbs and index fingers, slide it gently past the tight contact point between the teeth.
3. Gently curve the floss around the base of each tooth, making sure you go beneath the gum line. Never snap or force the floss, as this may cut or bruise delicate gum tissue.
4. Use clean sections of floss as you move from tooth to tooth.
5. To remove the floss, use the same back-and-forth motion to bring the floss up and away from the teeth.



Use about 18" of floss, leaving an inch or two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gum-line, but avoid snapping the floss on the gums

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Opening Times

Monday, Tuesday and Thursday 8.30am – 5.00pm
Out of hours, patients experiencing severe difficulty can contact Marco on **07779 662579**