

Dr. Rob Jukes

Word Of Mouth

Produced for the Clients of Dr. Rob Jukes

Summer 2009

fromthedentist

Thanks For The Feedback

This summer, it's all about you... Guys!!!



The feedback we have had is that our newsletters are great but seem to focus more on the ladies. So we are hoping to redress the balance slightly in this issue with articles specifically about men's oral health. Ladies, if you've been trying to get him to come along for ages then perhaps now is the time. Remember, if you've not seen us before, now it the time to make use of the "Pass on a Smile" vouchers that came with the last newsletter. They are valid for appointments booked before August 31st and they mean you get a new client consultation for £60 instead of £120.

So relax in the sun, soak up all of the information and make sure you enjoy the summer.

Regards,

The Gentle Dental Team

Communication is important to us - don't be afraid to ask questions!

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localised symptoms or seemingly unrelated headaches and earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

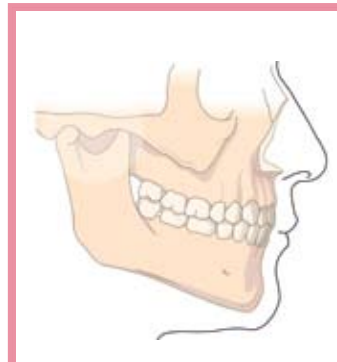
- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.



Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural

reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health - and prevent little problems of all kinds from getting bigger.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

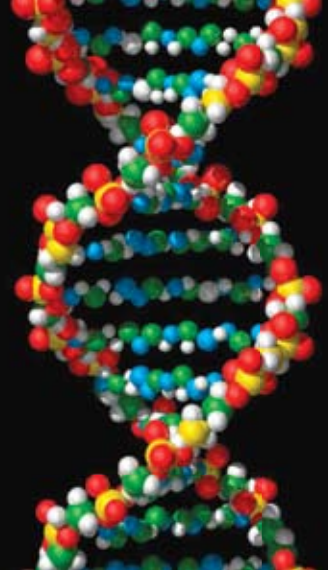
Thank you for all your referrals. We appreciate them!

Dentistry Celebrates!

Collaborative science ... making tooth regeneration possible

Dental science has come a long way since 1953 when Francis Crick and James Watson deduced the double helical structure of DNA. The pair built upon scientific knowledge that started with Darwin's principles of natural selection. Thanks to the advent of computers and international co-operation, scientists involved in the Human Genome Project have identified thousands of genes. A genome is a description or a map, of how, what, and even who we are.

Many fields of medicine and science have benefited, including dentistry. An exciting benefit? The possibility of eventually mastering the science of tooth regeneration – the ability to routinely grow 100% real replacement teeth. And as with all scientific discoveries, there'll likely be many additional unanticipated benefits. Understanding the genetic code to human dentition is only a first step on the path to more discoveries.



Frank Cochran/AMSA Johnson Space Center, Penn Saganitt, Lockheed Martin



What's All The Fuss About?

We've all heard that drinking milk builds strong teeth and healthy bones. For most of us, that pretty much sums up the link between diet, fitness, and oral health. But in fact, it's way more complicated than that...

According to the *Academy of General Dentistry*, more than 90% of all systemic diseases show up orally. Your dental health care providers may be the first to identify a potential health problem.

The links may sometimes seem precarious. What *does* your weight have to do with your oral health? Well, obesity – along with diabetes and cardiovascular disease – has reached epidemic proportions. It has a

direct link not only to these diseases, but to poor oral health through poor nutrition. Proper diet and exercise can go a long way to lessen the symptoms of these diseases.

What does this mean for you and your family? If you eat healthily and exercise to maintain weight and fitness levels, you will be well on the way to avoiding cavities, periodontal disease, cardiovascular disease, and diabetes.

Keeping your regular recall appointments, and providing us with your medical and dental history, may help identify diseases in their earliest stages. And be sure to inform us of any recent health problems – even if they seem unrelated to your mouth.

Our tendency to eat on the run – along with the easy accessibility of processed convenience foods, fast takeouts, sweets, and snacks – contribute to these alarming statistics:

Obesity is a modern problem – statistics did not even exist 50 years ago.
Most adults in the UK are overweight.
Overweight is defined as roughly 10-30 pounds over your doctor recommended healthy weight; obesity is 30+ pounds.
The World Health Organization predicts more than 700 million obese adults by 2015.
British officials are considering a ban on fast food near schools.

Men's Oral Health

Looking good on the inside *and* the outside

Traditionally, men have been more likely than women to ignore their oral health, even though it is linked with longevity and an attractive appearance. It's been said that many men take better care of their cars than their oral health! A survey of UK adults found that men take less care of their teeth than women, and they were also less likely to seek professional help for dental problems. This tendency toward dental neglect



before



after

may be disappearing as more men are returning to the dental practitioner's practice because of – *surprise* – an increased interest in their appearance!

Grooming items for men have become a €2.5 billion industry, and coinciding with this trend, men are increasingly requesting non-invasive cosmetic dental procedures like whitening, veneers, and bonding to improve their appearance.

Bonding can mask deep stains, repair small cracks or chips, and fill gaps. **Contouring** can reshape teeth, and **whitening** can brighten most smiles with ease. **Veneers** and **crowns** can restore damaged teeth to their original shape, function, and look.

Three out of four individuals believe that an unattractive smile can hinder careers. Improving your smile power is an excellent reason to make dental visits a regular thing. We'll always encourage you to maintain your oral health *and* your appearance.

Do You Have These Symptoms?

Men are more likely to have periodontal disease than women, but periodontal disease should be of concern for the whole family. Periodontal disease occurs when plaque and tartar are allowed to build up. It is the leading cause of tooth loss among adults. Please phone our practice if you have any of these symptoms:

Bleeding gums during brushing;

Red, swollen, or tender gums;

Loose or shifting teeth;

Persistent bad breath.

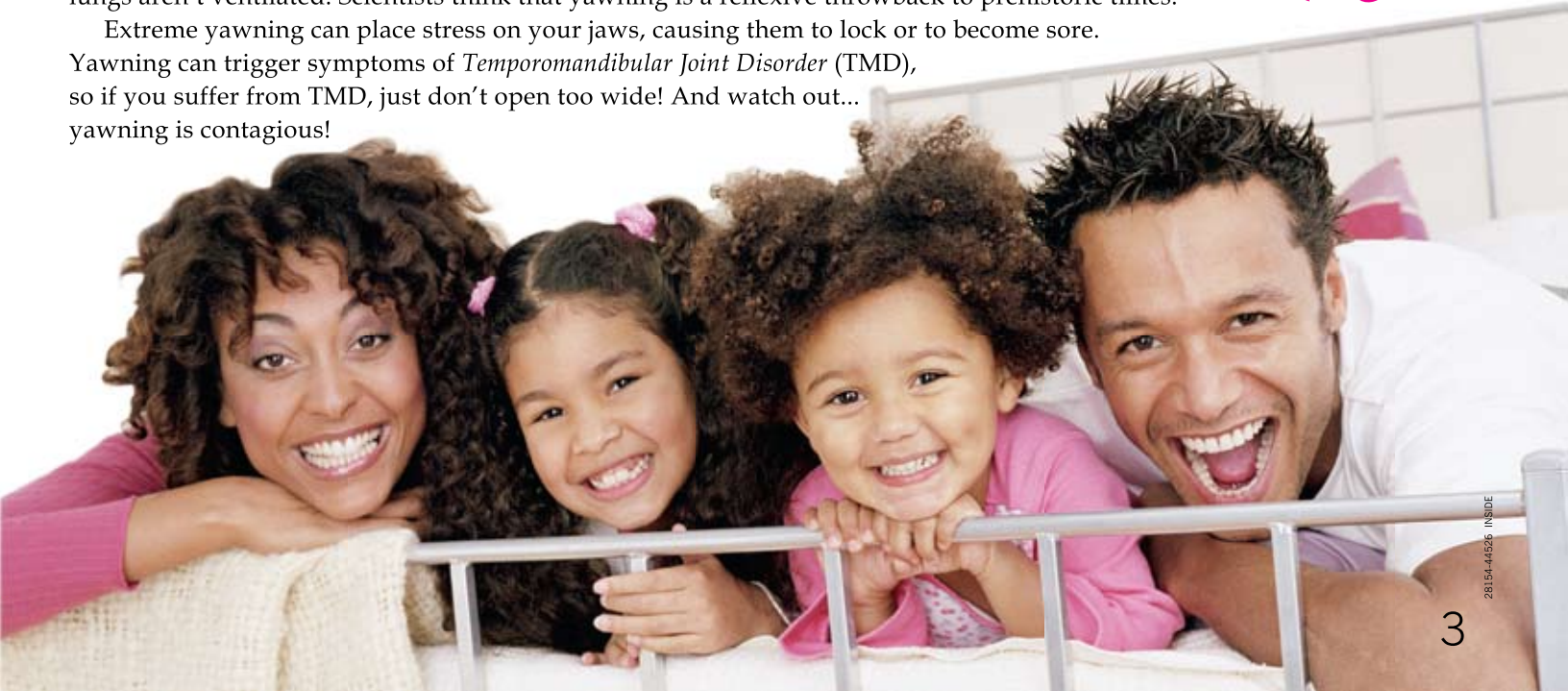
Just don't open
too wide!

Yawn & The Whole World Yawns With You

Thinking about yawning, or seeing someone yawn, can make you yawn. So can listening to an audiotape of a yawn. And just reading this article could set you off ... but we don't know why.

Research suggests that we yawn when our state of alertness is changing. We know it isn't to get more oxygen – lungs can't sense oxygen levels, and pre-borns yawn even though their lungs aren't ventilated. Scientists think that yawning is a reflexive throwback to prehistoric times.

Extreme yawning can place stress on your jaws, causing them to lock or to become sore. Yawning can trigger symptoms of *Temporomandibular Joint Disorder* (TMD), so if you suffer from TMD, just don't open too wide! And watch out... yawning is contagious!





Summer Fun... And Food

No need to suffer with sensitive teeth!

Summer's a time that almost demands we throw caution to the winds. Indulgence lives in the air we breathe ... and in the food we eat. Who can't resist a cold ice cream cone on a hot day? Or say no to ice lollies for your child on a steamy afternoon?

Well, a little summer food indulgence certainly doesn't hurt our overall health and well-being. But for some people, those ice-cold treats can be a truly painful and unpleasant experience. People with sensitive teeth can experience a sharp pain when eating frozen yogurt or slurping a chilly lemonade. If the hard enamel on your teeth is worn down or if your gums have receded, tiny, very sensitive microscopic cells may become exposed. Hot or cold foods, or even exposure to moving air, can cause pain.



As many as 30% of patients are subject to what's known as *ice cream headache* that occurs shortly after we eat or drink something very cold. Science has yet to discover the cause of these headaches, although rapid change in the temperature of the sinuses may be to blame.

If you suffer from any of these conditions, please let us know at your next consultation so we can help. And a quick tip... Don't chew ice! It puts needless stress on your teeth and your enamel.

practiceinformation

Gentle Dental

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Practice Hours

Monday 8:00 am – 5:00 pm
Tuesday 8:00 am – 5:00 pm
Wednesday 7:30 am – 4:30 pm
Thursday 8:00 am – 5:00 pm
Friday 8:00 am – 12:00 pm

Closed Saturday and Sunday
Healthcare Financing available

Contact Information

Tel 01722 416704
Emergency 01722 416704
Email info@gentle-dental.co.uk
Web site www.gentle-dental.co.uk

Practice Staff

Niamh Dental Hygienist
Patricia Treatment Coordinator
Sarah, Natasha Nurses



CASH VISA

Make The Wise Choice

Regularly climbing into our hygiene chair can mean gaining better health, better looks, and even staying out of the dental chair! When you consider that oral disease can be silent and symptom-free and that research has linked oral disease with other health problems, making regular hygiene appointments is definitely your wisest choice.

People often misinterpret hygiene appointments ... they're not just a simple cleaning. Here's what happens when you're here:

- We examine your gums to screen for areas at risk. If you have periodontal disease, your healing progress is monitored with detail. Regular cleaning will help keep your gums and teeth as healthy as possible.
- Prevention is a crucial part of your visit. Regular appointments allow us to catch problems in their early stages before things get out of hand.
- Take advantage of our knowledge! Your appointment is also a wonderful opportunity to ask all the questions you have about how restorative and cosmetic dentistry, and even broader topics such as how medications affect your oral health. In short, if you've got the questions, we've got the time.
- We provide patient education and demonstrations for correct brushing and flossing, explain proper cleaning and maintenance for dentures, crowns and bridges, and orthodontics.

Please ensure that you are scheduled for your regular hygiene appointment ... and that you commit to making the date. It will ensure your optimum oral health and a clean, great-looking smile.

