

Dr. Rob Jukes

Word Of Mouth

Produced for the Clients of Dr. Rob Jukes

Autumn 2009

fromthedentist

Welcome To Our Latest Newsletter

We are
all hoping
for a mellow
autumn



or even a lovely sunny Indian
summer to ease us gradually into
winter, after a busy summer.

As a celebration of National
Smile Month and to help promote
better dental education Gentle
Dental sponsored a competition
on Spire fm about which - more
on the back page.

I was recently at the *World
Aesthetic Congress* in London
where there were many inspiring
speakers and courses over a very
intense 2 days. But it wasn't all
hard work as there was also a
fabulous charity event which
included a tour of the Houses
of Parliament and dinner in the
Stranger's dining room.

Please enjoy the newsletter
and if it raises any questions then
please do feel free to contact us.

Regards,

The Gentle Dental Team

**Communication is important
to us - please feel free to ask
questions!**

Composite Veneers

Something To Smile About!

For a number of years now
the emphasis when looking at
doing veneers to improve a smile
has been on porcelain. The tooth
coloured filling materials that
were available tended to look
unnatural and to pick up stains
over a period of time. But now all
that has changed.

Dr. Jukes recently attended
the *World Aesthetic Congress* in
London. This gives you access to
the most up to date techniques and
materials as well as lectures from
those considered to be at the top
of the aesthetics profession. One of
the workshops he attended was on
the new techniques and materials
available for composite veneers.
Composite is the tooth coloured
filling material we use regularly
and of all the materials we use is
one of the most compatible with
natural tooth.

Dr. Jukes learned how to use
the latest materials to build up the
veneer. A number of shades and
tints are layered onto the tooth in
much the same way as a porcelain
technician (ceramist) would do. This
gives a very natural, light reflective
finish. The materials have microfill
properties which mean they can be
polished to an amazingly smooth
finish so they don't pick up stains. The
best part is they can be done in just one
visit and as they are made and shaped
in clinic they can be given a very
personal look.



So if you felt porcelain veneers were
not within your budget this may just be
the answer to allow you to get the look
you want at an affordable price.

**To find out more please
contact the reception team on
01722 416704 and schedule a
complimentary consultation**

Thank you for all your referrals. We appreciate them!

Herbal Supplements & Dentistry

What we need to know...

As science finds out more about the beneficial effects of antioxidants, even greater interest has developed in natural foods and natural products. The use of self-administered herbal supplements has increased significantly in the last decade. Hundreds of millions are spent in the UK annually on herbal medications.

Some people are embarrassed to admit to using herbal therapies; others believe that herbs are not drugs but nutritional substances. In one study, nearly 70% of participants did not inform their physicians or dental practitioners about using them. This is alarming because among the most commonly sold herbal supplements, echinacea, feverfew, garlic, ginseng, ginkgo, St. John's wort, and (the now-banned) ephedra have the potential for adverse effects during or after procedures.

If you are taking herbal supplements, let us know so that we can provide the best care possible.



If you're pregnant, please tell us on your next visit. We'll want to pay special attention to your oral health. Certain drugs can affect the development of your child's teeth, and we will want to monitor the health of your gums. Research has linked gum disease and premature delivery. Regular checkups are important! Here are some useful tips.

Cravings & snacking - The more frequently you snack (particularly with sweet foods), the more likely you are to get decay, so consistent, regular

brushing and flossing is important.

Morning sickness - It's better to rinse your mouth out with water or a mouthrinse after morning sickness. Stomach acids can soften your tooth enamel, and brushing immediately afterwards might damage your teeth through abrasion.

Calcium - It's an old wives' tale that your growing baby will remove calcium from your teeth! But you may need additional calcium and phosphorous, and dairy products are beneficial.

Congratulations! Pregnancy & Oral Health

Signs Of Periodontal Disease

As many as 70% of women have some form of gum disease during pregnancy. Many symptoms will settle down once you've had your baby, but please phone our practice if you experience these signs:

- gums are swollen, tender, or red (not pink);
- gums bleed when you brush or floss;
- bad taste in your mouth is chronic;
- bad breath persists despite good oral care.



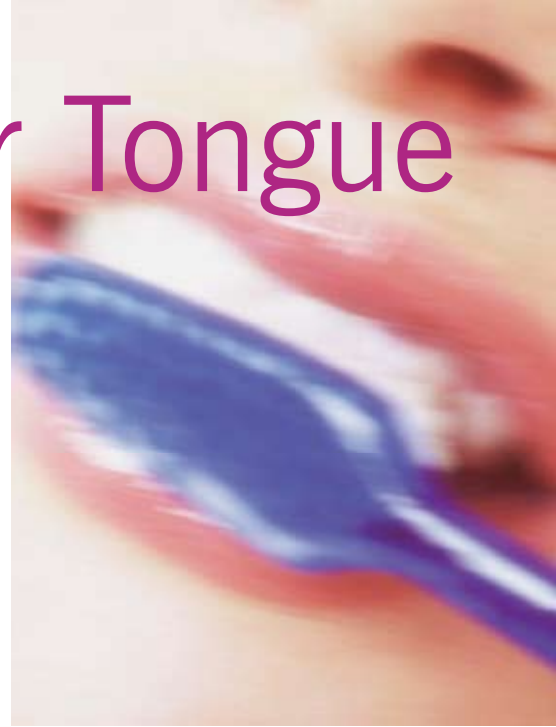
Good Taste & Your Tongue

Clean tongue ... clear palate!

If you've ever tried to curl your tongue into a tube, you know that practicing won't help. That's because it's a genetic trait. Similarly, taste palates vary from individual to individual.

Each of our 10,000 taste buds contains at least 300,000 receptors. The tongue's tip is most sensitive to sweetness, while salty and sour are sensed on the sides, bitterness at the back. Oddly, there is no such taste as "hot," even though chili is the second most popular seasoning in the world.

Plaque coatings can dull taste receptors, and cleansing the tongue can enhance our taste palates and help maintain oral health. When you brush, stick your tongue out as far as it will go, and gently brush it back to front with your toothbrush. Or rinse a clean teaspoon under warm water, then place the open side down on your tongue, and drag it forward. Cleaning your tongue regularly makes your mouth healthier, your breath sweeter, and your food tastier. But it won't help with that tube thing...



Teeth Whitening Q & A

Convenient, reliable teeth whitening can dramatically improve your smile. It's the most popular cosmetic dentistry procedure in the United Kingdom. Here are the answers to some common questions you may have about this popular procedure.

What is teeth whitening?

It is a procedure designed to remove stains and discolouration and lighten teeth pigmentation. Teeth whitening can be done safely, quickly, and reliably with our supervision.

Are teeth whitening procedures safe?

Absolutely. After more than 100 years of refinement and improvement, supervised whitening is a common procedure. Some individuals may experience mild, temporary tooth sensitivity.

We can help you decide on your best whitening option!

How white can I expect my teeth to look?

Whiteness depends on the degree of discolouration. Teeth can be whitened up to eight shades. We'll help you decide on the best level for your smile.

Is there such a thing as being too young or old?

Whitening has become the most-demanded cosmetic procedure for patients aged 25-34, according to the British Academy of Cosmetic Dentistry. After childhood, age is not a factor and most people can benefit from whitening.

Whitening Special Offer

Tooth Whitening is probably the easiest way to give your smile a boost. To this end and to help promote *National Smile Month*, Gentle Dental offered a prize of a *Free Tooth Whitening* in a competition on Spire FM. There were other prizes of excellent electric toothbrushes. Pictured here are 2 of the lucky winners collecting their prize at the studios.

Tooth Whitening is one of the safest and most effective ways of improving your appearance so to help you have a Whiter Christmas or to Shine on the Slopes; we have a special on at the moment of **£100 pounds off our normal price.**



Phone us today for more details.

practiceinformation

Gentle Dental

Dr. Rob Jukes
Castle Mews
29 Castle Street
Salisbury SP1 1TT

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



Children's Smile Plan

Our *smile plans* are proving very popular and we are constantly asked if we could run one for children. Consequently we now do. The plan is exactly the same as the routine Adult Plan in that it covers two Dental Health review visits per year, includes the 10% reduction on treatments and the insurances (even parental redundancy protection) and all for just £7 per child, per month. For more details about this or our adult smile plans please contact the reception team.



Scout Christmas Post

I know it is a little early for Christmas but this is my one opportunity to encourage you to support this amazing organisation.

Each year the *Scout Association* sell stamps and deliver Christmas cards locally (approx 15 mile radius of Salisbury). The stamps cost just 20p and the cards are hand delivered in the week before Christmas.

Details of the delivery areas can be found on our website www.gentle-dental.co.uk Stamps and a posting box are available at our reception. The cards would need to be with us by Wednesday 9th December to allow time to sort them into delivery areas. Thank you in advance for your support.

PS do look at the picture on the stamps as it was drawn by my daughter, Saoirse, age 9.

