



## Newsletter – Autumn 2014 Issue 2

Welcome to the second edition of our practice newsletter. Our newsletters are aimed at giving you additional information about the practice and also general dental information. This is a newsletter for our patients so if there is any information you would like to see added then please let us know.

### Oral Cancer

November is Oral Cancer Action Month. Oral cancer claims more lives than testicular and cervical cancer combined (\*1).

#### Key Facts:

- Early diagnosis gives patients a 90% chance of survival. Delayed diagnosis means that survival rates are just 50%
- Mouth cancer rates have trebled in the last decade and is one of a few cancers that experts predict will continue to increase in the coming years

#### Risk Factors:

- The two leading factors in oral cancer are drinking too much alcohol and smoking, other risk factors include:
- Chewing tobacco
- Chewing Betel Nuts
- A poor diet
- Poor oral hygiene

#### Symptoms:

- Red or white patches in the mouth or throat
- A lump
- Persistent pain in mouth
- Pain or difficulty when swallowing
- Changes in your voice or speech problems
- Swollen lymph nodes (glands in your neck)
- Bleeding or numbness in the mouth
- A tooth or teeth that has become loose for no particular reason

Many of the symptoms listed above can be caused by less serious conditions, such as minor infections, but it is strongly recommended that you visit your dentist or GP if any of the above symptoms last more than three weeks. It is especially important to seek advice if you are a heavy drinker or smoker (\*2). Regular check-ups are very important so that your dentist can check all areas of your mouth.

(\*1)Source: British Dental Health Foundation

(\*2) Risk Factors/Symptoms source: NHS Choices Website

### Staff News

Elysia, one of our dental hygienists, will be leaving the practice at the end of December to start a new exciting stage of her life in Italy. We would like to wish her the best of luck!

We would like to welcome Amanda Doherty, who previously worked at the practice. She will be taking over from Elysia and starting in January.

There will also be another familiar face returning to the practice! Colette, who has been on maternity leave following the birth of her daughter Seren, starts back at the practice at the beginning of December.

### Teeth Whitening

Teeth whitening is an increasingly popular way of whitening your teeth without removing any of the tooth surface.

The process is simple, you will need to come into the practice to have some impressions taken of your teeth. The impressions will then be sent to a laboratory who will make your whitening trays. Once these have been made you will come back into the practice for a short visit and shown how to use the trays and whitening gels.

The whitening trays are usually worn with the gel every night for one to two weeks or until the desired whiteness achieved.

If, after a few years you would like to whiten your teeth again, there is no need to have the trays remade, all you need is the whitening gel.

If you would like any further information please contact the practice.

### Dental Implants

Andy Hall has now carried out his first implant cases at the practice, which have been very successful.

If you are interested in dental implants and would like to make an appointment with Andy, please contact the practice.

### Medical History

This is a very important part of your clinical notes at the practice and it is important that your medical history is up to date.

Every two years we will ask you to complete a new hardcopy medical history form.

If any of your medication does change please ensure you let us know.

### Issue 1 Competition

The missing word in the Wordsearch competition in the last newsletter was **'SMILE'**

Congratulations to Mrs Catherall who won the electric toothbrush

### Christmas

The practice will be closing on Tuesday 23<sup>rd</sup> December at 1700 and we will re-open on Friday 2<sup>nd</sup> January 2015 at 0830. If you do have a dental emergency over the holiday period please call the practice on 01491 202025 and you will be given the emergency contact number.

**The staff at Lawrence & Pinkerton Dental Care would like to wish all our patients a Merry Christmas and a very Happy New Year!**

### COMPETITION TIME

For a chance at winning an Oral B Electric toothbrush, put the drinks below in order of their sugar content – lowest to highest – and e-mail the practice ([info@wallingforddentist.co.uk](mailto:info@wallingforddentist.co.uk))

The closing date is Monday 15<sup>th</sup> December. We will then choose a name at random.

Water Lucozade Coke Ribena Red Bull Frijj Milkshake Iron Bru Fruit Shoot

