

Welcome to all our new and existing patients.



UPDATE FROM THE PRACTICE

We said a sad farewell to Jolene in July. An undoubtedly fantastic dental nurse, Jolene had been at the practice for 10 years. Over the years, Jolene has worked predominantly as Owen's nurse providing great support for Owen and his patients, but she has also been a brilliant team member and she is greatly missed by us all.



Whitney, one of our lovely hygienist's gave birth to a beautiful baby boy Harrison, on 8th August weighing a health 8lbs 3oz. Whitney is settling into her new role of Mummy brilliantly just like we expected.

Lastly a warm welcome to Dhanraj our new dentist having graduated in 2018 'with honours'. He went on to continue to develop his clinical skillset in the following years, completing postgraduate entry exams for the Royal College of Surgeons, earning the Member of the Joint Dental Faculties qualification.



Dhanraj enjoys participating in treatment planning sessions and delivering general dentistry, as well as restorative treatment and prosthodontics (e.g. replacing missing teeth). In 2021, he enrolled onto a Master's programme at the world-renowned King's College London in the field of prosthodontics. His aim is to provide a high level of predictable and long-lasting dentistry. In his spare time, he is an avid cricket player, keen swimmer, traveller, and has recently taken up golf.

Dhanraj will primarily be working from our Ilkley practice on Saturday mornings and is looking forward to welcoming you all.

NEWSLETTER AUTUMN 2022

ILKLEY DENTAL CARE & BELLE VUE DENTAL PRACTICE



TREATMENT SPOTLIGHT

PERIODONTAL (GUM) DISEASE

What is gum disease?

The simplest form of gum disease, gingivitis, is often a reaction to a build-up of plaque on the junction of the gum on the teeth. Plaque is a soft, sticky film that forms every day on the teeth and gums. It is made up of bacteria which live on the sugars from things we eat and drink. Plaque builds up in difficult to clean areas, especially below the contact areas between the teeth. It is important to clean these areas daily with floss, tape or small interdental "bottle" brushes.

The earliest sign of disease is bleeding of the gums. They may also look red and swollen. Gingivitis can often be cured simply with good mouth hygiene - brushing twice a day for a least two minutes morning and evening and using other mouth hygiene aids, such as floss and/or interdental brushes for the spaces between the teeth, as advised by your dentist or hygienist. They will also advise on the use of any medicated mouth rinses. If your gums become infected or sore and you notice an unpleasant metallic taste, this is acute gingivitis, and you should speak with your dentist or hygienist regarding this.

As the disease progresses the tissues holding teeth in place start to break down and pockets in the gum form around the teeth which allow even more plaque to gather. This stage is called chronic periodontitis. It is usually painless and can become quite severe if not treated resulting in teeth becoming loose, appearing to move position or eventually fall out.



Symptoms to watch out for are:

- Gums that have come away from the teeth
- Pus between the teeth and gum
- Persistent bad breath or a bad taste
- Permanent teeth that are loose or are changing position

Chronic periodontitis can only be controlled if you keep your teeth and gums thoroughly clean. Your hygienist can show you how to do this properly. Scaling by a hygienist can remove tartar and stains. This can help you to remove the plaque efficiently.

In more severe cases of gum disease, deep cleaning below the gum line by a hygienist or a periodontal specialist may be necessary. Occasionally surgery is required in which the gum is reshaped under local anaesthetic, to allow affected areas to be treated and cleaned. If gum disease has progressed too far, the tooth or teeth involved may have to be removed.



Who gets gum disease?

Gum disease can start when you are a child, but chronic periodontitis is normally only a problem in adults. Some people are naturally more prone to gum disease. It is important to visit the dentist regularly, so this can be identified, and you can get advice on managing it.

There are other factors that can increase your risk of periodontal disease:

- Smoking makes gum disease considerably worse. Quitting smoking is important for your general and mouth health.
- Diabetes and some other diseases reduce people's resistance to gum disease. People who have these conditions need to be especially careful about their mouth hygiene.
- Certain drugs and medicines can affect your gums: ask your dentist about these.
- Crooked teeth are more difficult to keep clean, so the gums supporting such teeth might be more prone to gum disease.
- Existing gum disease can be worsened by hormonal changes, due to pregnancy. Here again, good hygiene is important,
- Eating a healthy diet with plenty of fruits and vegetables helps resist gum diseases.

(Article taken from the BDA)



ORAL HEALTH PRODUCTS

Following on from our treatment spotlight of Periodontal (gum) disease, all the oral health products our hygienist's recommend are available to purchase at reception.



ONLINE BOOKING SYSTEM



Did you know we have an online dental portal??

On there you can update your details & medical history, view and sign your estimates, make payments, book your routine dental health check and hygiene maintenance appointments.

Just ask reception to send you the link to sign up.

FEEDBACK

We are required by our governing bodies to complete Patient Questionnaires every 12 months, but we love hearing your feedback good or bad (although, hopefully there will not be too much of the latter!). This is why our patient questionnaires are available all year round, should you wish to tell us anonymously (or please feel free to leave your name) about a good experience you have had or where you feel we need some improvement. Please feel free to ask at reception for a form or alternatively you can complete a review on Google or our new website.

Thank you all for your continued support over these interesting times and on a final note we would like to wish all our patients a Merry Christmas & a Happy New Year!!

Phil, Owen & all of the team



www.ilkeleydentalcare.co.uk / www.bvdp.co.uk

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