

The true value of our smiles

Summer 2021



The global pandemic has affected us all in so many ways, from the way we work, holiday, travel, look, and form friendships.

A study* of more than 2,000 Brits for National Smile Month revealed how the pandemic has affected the development of new social connections. Some 58% said smiling was important in developing friendships and relationships and believed covering their smile with a face mask has had a detrimental effect. As many as 62% of the women surveyed said they had been struggling to form connections with others since the introduction of masks.

It also found that more than half (58%) have changed the way they feel about their smiles as a result of video calls.

A third (33%) said they were more aware of the colour of their teeth and nearly a quarter (24%) were more conscious about the alignment of their teeth.

A smile is one of the most important assets we have and is how we communicate our thoughts, emotions and feelings towards one another. Because of its prominence, and importance, the smile can also be a great source of concern.

While having a beautiful, straight smile is important for aesthetic reasons and has

been shown to boost our confidence – because when we look good, we feel good – enjoying a healthy mouth that works well is the priority.

Maintaining a healthy smile is at the heart of National Smile Month – a charity campaign by the Oral Health Foundation. It provides

an opportunity for everybody to gain more confidence about their smile by learning the basics behind having good oral health.

If you are keen to improve the health or appearance of your smile, contact us today.

*Oral Health Foundation, 'National Smile Month Survey 2021', UK, Broadcast Revolution, April 21, Sample 2,009

Transforming smiles in 2 hours!

We were delighted to help Kirstie achieve a dream smile for her wedding.

This amazing transformation was created in just one 2-hour appointment and is completely non-invasive.

If you have chipped, stained or slightly crooked teeth and you want to do something to improve your smile, then contact April to book your FREE cosmetic consultation.



Before



After

Spotlight: the pain of sensitive teeth

The ice cream & ice lolly season is upon us... and for some that means experiencing discomfort from sensitive teeth.

Having sensitive teeth can mean anything from getting a mild tinge to severe discomfort that can continue for several hours. It can also be an early warning sign of more serious dental problems - so get in touch if you have tried treating your sensitive teeth for a few weeks and have had no improvement.

According to the Dental Health Foundation, the UK's largest oral health charity, many people suffer from sensitive teeth and it can start at any time. It is more common in people aged between 20 and 40, although it can affect those in their early teens and the over 70s. Women are more likely to be affected.

The part of the tooth we can see has a layer of enamel that protects the softer dentine underneath. If the dentine is exposed, a tooth can become sensitive. This usually happens where the tooth and the gum meet and the enamel layer is much thinner. It can be caused by:

- Dental erosion: this is loss of tooth enamel caused by attacks of acid from acidic food and drinks.
- Gums may naturally recede (shrink back) and the roots of the teeth will become exposed and can be more sensitive.
- Gum disease: a build-up of plaque or tartar can cause the



gum to recede down the tooth and even destroy the bony support of the tooth.

- A cracked, broken or chipped tooth or filling where the nerve has become exposed.

To relieve symptoms at home try using a toothpaste specially for sensitive teeth and brush your teeth with it twice a day. You can also rub it onto the sensitive areas. If you have any concerns, please get in touch.

Quarter of Brits only brush once a day

One in four (26%) British adults regularly brush their teeth only once a day, according to findings of a new nationwide poll.

The data has been collected by the Oral Health Foundation and the charity is especially worried by the number of people who regularly fail to brush their teeth last thing at night, when the health of the mouth is most likely to deteriorate.

Latest figures show two-in-three (66%) UK adults have visible plaque, almost one-in-three (31%) have signs of tooth decay, and three-in-four (74%) have had teeth extracted.

The examination into Britain's brushing habits



is part of National Smile Month, a campaign by the Oral Health Foundation that aims to raise awareness about the importance of a healthy mouth.

Dr Nigel Carter, chief executive of the charity, says: "Twice-daily tooth

brushing is the cornerstone to having good oral health because it removes plaque. If plaque is not removed and is allowed to build up, it can cause conditions like tooth decay and gum disease.

"Brushing only once a day can increase the chances of developing tooth decay by up to a third, so setting aside time for the second brush is really important."

Practice news

Congratulations!



Congratulations to our specialist orthodontist and practice owner Matt for achieving Diamond Invisalign provider status!

Polite request

Please remember to read any texts or emails from us as they contain important information about appointments and covid protocols.

Had a reminder?

If you are expecting to have an appointment with us but do not receive your usual reminder, please contact us.

Drayton Dental

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Opening hours
Monday: 8.30 am - 5.00 pm
Tuesday: 8.30 am - 5.00 pm
Wednesday: 8.45 am - 5.00 pm
Thursday: 8.30 am - 5.00 pm
Friday: 8.45 am - 5.00 pm
Saturday: twice a month for hygiene

info@draytondental.co.uk
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