

# Gum disease sufferers 70% more likely to get dementia

Our dentists and hygienists would like to highlight a new study that has found people with long term gum disease are 70% more likely to develop Alzheimer's disease.

The research, published in Alzheimer's Research & Therapy, looked at more than 25,000 people to examine whether patients aged 50 or older with severe gum disease - also called 'chronic periodontitis' - had an increased risk of developing the disease.

Although they did not determine any direct causal link between the two diseases they did discover that people who suffered from long standing gum disease, of ten years or more, were up to 70 per cent more likely to then develop Alzheimer's disease.

Dentists, hygienists and leading UK health charity, the Oral Health Foundation, have long recognised close links between poor oral health and general health and believe that by paying closer attention to our mouth we will be able to better maintain better overall health later in life.

Dr Nigel Carter OBE, CEO of the Oral Health Foundation, said: "The links between oral health and diseases which effect other parts of our body are becoming increasingly apparent with every new piece of research. Studies such as this

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can be hugely significant in helping us to understand how we can maybe help reduce our risk of developing different diseases and as a result, improve the lives of millions of people in the future.

"The good news is gum disease is an entirely preventable and treatable disease, by ensuring good, consistent, oral health everybody can avoid gum disease and its associated risks. Avoiding gum disease can be as simple as brushing your teeth twice a day with fluoride toothpaste, using interdental brushes daily and regular visits to the dentist."

Treating gum disease can be done by your dental team, who will remove all plaque and tartar from your teeth. We will also show you how to remove plaque successfully yourself.



## Plan for a healthier mouth

Join our Healthy Mouth Membership Plan and benefit from reassuring, gentle care from just 47p a day. Our monthly payment plans include regular dental and hygiene appointments, enabling us to spot problems before they arise and result in helping you maintain healthy teeth for life. Please ask us for our plan leaflet (pictured).

### The 5 BIG benefits of joining

- Reduces the risk of tooth decay and gum disease with regular appointments included
- Peace of mind with worldwide dental trauma and emergency call out insurance included
- Exclusive discount on dental products at the practice
- Spreads the cost of your routine

MAINTAIN A HEALTHIER,  
HAPPIER SMILE

Join our healthy mouth membership!  
Reassuring, gentle dental care from just 47p per day.



dental and hygiene care through a convenient monthly direct debit

- Better general health as good dental hygiene lowers your chance of heart problems and diabetes

Get ready for a white  
Christmas with our  
early gift



Home tooth  
whitening was  
£367.50 -  
now £299 until  
Christmas Eve!

# Spotlight on - *mouth self-checking*

As part of Mouth Cancer Action Month in November, organiser the Oral Health Foundation, is challenging you to check for any unusual changes inside your mouth.

The charity has issued the challenge due to the shocking rise in mouth cancer cases in recent years and the continued importance of diagnosing mouth cancer early for a person's chances of beating the disease.

The Oral Health Foundation is concerned that many mouth cancer cases are not being spotted early enough to be treated effectively.

As a result, it is calling for us all to be alert to any of the early signs or symptoms of mouth cancer at home and to take action if we notice any unusual changes occurring in our mouth.

Dr Nigel Carter, CEO of the Oral Health Foundation, spoke about the need for greater self-awareness when it comes to maintaining the health of our mouth: "Cancer Research UK has reported a

## Mouth Cancer Action Month



**Mouth cancer can strike in the lips, tongue, gums and cheek. It is very important that we all know what to look out for. Three signs and symptoms not to ignore are:**

- **Ulcers that do not heal in three weeks.**
- **Red and white patches in the mouth.**
- **Unusual lumps or swellings in the mouth or head and neck area.**

staggering 68% increase in mouth cancer rates in the last 20 years, while those of us beating the disease has not improved in that time either.

"Many of those who lose their life to the disease do so because of late diagnosis, which is utterly heart-breaking.

"Visiting your dentist is a good thing for your teeth and gum health but it is important to monitor the state of your mouth at home as it can be very easy to overlook problems related to mouth cancer between visits and for the disease to develop rapidly.

"Early diagnosis transforms our chances of beating the disease from 50 per cent to 90 per cent so it is crucial that we all know what to look out for.

"It only takes a few seconds every day to have a good look in your mouth to see if there is anything out of the ordinary. If you have any of the warning signs of mouth cancer it is vitally important that you visit your dental practice or GP straight away, it could save your life."

## Are you at risk of gum disease?

Some 80% of us are estimated to suffer from gum disease at some stage in our life. The most common cause is bad oral hygiene, however certain groups are more at risk.

### Women and teenage girls

Hormonal changes at puberty and the menopause, as well as while taking oral contraceptives and having monthly periods can make gums sensitive.

### Pregnant women

During pregnancy, a woman experiences a whole nine months of hormonal changes that make the gums much more sensitive than usual and more susceptible to bleeding.

### Smokers

Smoking increases bacterial plaque whilst reducing the delivery of oxygen and nutrients to the gums and generates free radicals that delay

the healing process, thus making the gums more susceptible to infection. Research shows that smoking causes 50% of all gum disease.

### People with diabetes

Gum disease is often considered the sixth complication of diabetes. This is because when blood sugar levels are poorly controlled, blood glucose levels rise and the higher levels of sugar in the mouth help harmful germs to grow. People with diabetes can also be more susceptible to contracting infections including infections of the gums.

### People who suffer from stress

Research shows that stress can make it more difficult for our bodies to fight gum disease.

**Concerned about the health of your gums? If your dentist recommends you see the hygienist, please do. It is important.**

## Drayton Dental

10 School Road,  
Drayton,  
Norwich,  
Norfolk NR8 6DN

01603 860885

### Opening hours

Monday:	8.45 am - 5.00 pm
Tuesday:	8.45 am - 5.00 pm
Wednesday:	8.45 am - 5.00 pm
Thursday:	8.45 am - 5.00 pm
Friday:	8.45 am - 5.00 pm

info@draytondental.co.uk  
www.draytondental.co.uk

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

## Practice news

### Hygiene visits

We are pleased to announce that Colette is now offering hygiene appointments on a Tuesday. Please call us to book.

### Spread the word

We grow primarily through your goodwill. Recommend a friend or family member to us and when they join us, we will send you a token of our thanks.

### Finance options

To help spread the cost of treatments we now offer 0% finance and low interest credit over a longer term. If you have any questions please ask.

### Christmas hours

Please be aware that we will be closing from Dec 21 to Jan 3 inclusive. If you have a dental emergency during that time, call our number as always as emergency cover will be provided.

We wish you all a very happy Christmas and thanks for your support as we begin to rebuild this lovely dental practice.