

Why 6 monthly check-ups are important



We think it is important for our patients to receive regular **6 monthly** dental check-ups, which is why we include this in any Denplan Care plan and recommend that our other patients normally come at these intervals.

This helps ensure any problems with your teeth and gums are picked up as soon as possible.

In my personal experience I con-

sider it especially important due to the nature of mouth cancer, the incidence of which is increasing.

Whenever you come we check to ensure there are no worrying signs that need following up.

Worrying signs include: lumps, bumps or a painless mouth ulcer **OR**

white or red patches

IF they do not heal within 3 weeks. In that case you should come to the practice as soon as you can.

We have had a number of patients who were completely unaware of

any problems in their mouths and had no signs 6 months earlier at their check up, but which we noticed at the check up 6 months later. Since we detected the cancers early and sent them for swift referral our early detection and treatment led to their successful recoveries.

So please try to keep your 6 monthly appointments, it also helps us keep your teeth and gums in the best possible condition, as do our **3 monthly hygiene appointments** where appropriate (**see over for more information**).



Denplan

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Sugar – an update



We are pleased to see that a sugar tax on soft drinks looks likely to be introduced, and that manufacturers of these drinks are already reducing the amount of sugar in some products as a result of these proposals.

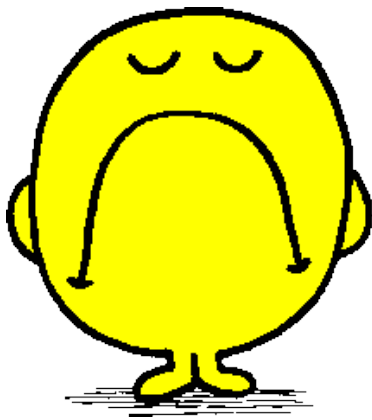
We agree with the charity Action on Sugar which urges the next govern-

ment to implement a mandatory sugar levy on all confectionery products containing high levels of sugar.

Unfortunately Conservative sources say that the tax will not be extended, which we think is an error. As the British Dental Association's chair, Mick Armstrong, says, "it makes no

sense to draw an arbitrary line and ignore the likes of sweets or energy drinks." In our view, it should be extended to *any* product with high levels of sugar and there should be mandatory clearer labelling requirements on all packaged food products.

More tooth decay in under 5's



One reason we think there needs to be action in reducing sugar in food is that tooth decay in under 5's is on the rise.

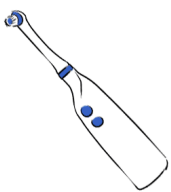
Nationally there has been a 24% increase in the number of under 5's having tooth extractions under general anaesthetic in the past 10 years. Every anaesthetic carries a risk and these extractions are avoidable, if children did not eat sugary products, cleaned

their teeth properly and had regular dental check-ups there would be no need for children to go through the pain and discomfort this causes.

So in the absence of effective government action on this, we urge you to take note of the leaflets we have about sugar, bring your children along regularly and help ensure our child patients enjoy good dental health.

Why do we advise 3 monthly hygiene appointments?

Lots of scientific evidence shows that visiting a hygienist every 3 months significantly reduces the risk of gum disease progressing if you have gum problems.



This is why we recommend it to those of you with this condition.

Trouble with your teeth? Help us help you by coming sooner rather than later

If you have any problems with your teeth between appointments, such as breaking a tooth, it really helps if you can contact us before your next regular check-up appointment, even if you are not experiencing any

pain. This is because we will not have time to sort out your problem at a check up but if we are informed before, we may be able to extend it to enable us to treat you then, or we can allocate another appropriate appointment.

What's new?

You may well have noticed the new doors at the entrance to our reception.

These have been installed to help with security in the building and to increase patient comfort—they are trifold so that in the winter we will be able to partially close them to help keep you warmer and more protected from any draughts from the front door. There is an unavoidable slight change in level, please mind your step, we are in the process of doing our best to minimize that change.