

SMILE

NATURAL TEETH WHITENING

Whiten your teeth at home simply by eating these foods...

HAPPY MOTHER'S DAY!

Find out the real story behind Mothering Sunday

DENTAL IMPLANTS

Your complete guide to the popular tooth replacement technology

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Welcome to the March Issue of the Wensleydale Dental Newsletter!



Welcome to the very first issue of our newsletter!

We wanted to provide you with a fun way to get updates about what's happening here at the practice, including our news, special offers and information that's important for your dental and general health.

So, each month we'll be releasing a new issue and you can view it on our website, download it from our Facebook page or get a copy sent direct to your email (if we don't have your current one, please let us know!)

In this issue you'll find a ton of useful information about ways to improve your dental health and get the smile you've always wanted, including foods you can eat that will naturally whiten your teeth!

As well as preparing this newsletter for you, things are "all go" here - we're taking on new team members, improving our treatments and (of course) taking care of you: our lovely patients!

Be on the look out for the next issue of our newsletter (out early April!)

Until then, have a GREAT March and let us know if there's anything we can help you with!

The Team at Wensleydale Dental

AND THE AWARD GOES TO...

Back in November, when we were nominated as finalist's in FOUR different categories for this year's **Dentistry Awards** - and our fantastic hygienist, **Gulab**, won the **Best Team Member** award - we didn't think things could get much better...

Then came the **Private Dentistry Awards** in December where we were delighted to walk away with the UK's coveted **Best High Technology Practice** award as well as **Best Practice - Midlands**, and were highly-commended in other categories - leaving Patrik with the enviable frustration of not having enough arms to hold all his awards (see picture!)

And things are going well in 2019, too because we've just heard that we've already been shortlisted as finalists for this year's **Dental Awards!**

We know that these awards may not always mean that much to the general public, but - as a proud NHS/Private dental practice - it's great to receive recognition from the leading dental experts for the work we do because it shows we're on the right track...

This year, we continue to dedicate ourselves to providing you with the very best, most advanced dental treatments currently available - together with the best patient experience possible - so if you have any ideas or requests to help us make that even better, just let us know!



THE REAL STORY OF MOTHER'S DAY

Mother's Day always falls on the fourth Sunday in Lent - and exactly 3 weeks before **Easter Sunday** - and this year is March 31st (now there's a day for your diary!)

There is some confusion about the origins of Mother's Day in the UK - also known as **Mothering Sunday** - with many people thinking the holiday began as an offshoot of the American **Mother's Day** which falls on the 2nd Sunday of May there each year...

The US Mother's Day began when **Anna Jarvis** began organising events to honor her mother, Anne, who had passed away several years earlier. Anne had hosted clubs for mothers in the 1850s to help them learn how to take care of their own children and improve sanitary conditions (the infant mortality rate at the time was incredibly high - over 30 times that of the present).

Anna - who had never had children of her own - was inspired to organise the first Mother's Day events in 1908 after Anne's death. As a result of Jarvis' efforts, Mother's Day began to be observed in a number of US cities and President Woodrow Wilson declared it a national holiday in 1914.



Anna Jarvis

Interestingly, Anna began to despise the holiday she'd created due to its commercialisation by greetings card, flower and confectionary companies; feeling that it had moved away from its original sentiment of expressing appreciation to one's own mother (this is why the day is written as "Mother's Day" - i.e. for one's own mother - and not "Mothers' Day," for everyone's...)

Anna was so incensed by the commercialisation of the holiday that she organised boycotts, threatened lawsuits and even crashed a convention of confectioners in Philadelphia in protest! Holding dear the sentiments with which she'd begun the movement and refusing to benefit financially from her own creation, Anna sadly died penniless and in a state of dementia at the age of 84.

In England, Mother's Day began as the one day each year when churchgoers would visit the main church or cathedral (the "mother" church) in the area where they lived - rather than the nearest "daughter" church they regularly attended.

At the time, it was common for children from the age of 10 to work away from home - often as domestic servants or as apprentices - and employers began to give them the day off in order to visit their mother church and their families - turning Mothering Sunday into a time for family reunions.

As children walked along the country lanes on their way back to their home, they often picked wild flowers to take to church or to give to their mothers as gifts - creating another tradition we follow to this day...

Another tradition often observed in the UK on Mothering Sunday is the eating of **Simnel cake** - a fruit cake containing almond paste and topped with marzipan. This was a special treat at the time because the fasting rules for Lent were only relaxed on Mothering Sunday and there were still 3 weeks to wait before Easter

So now you know a bit more about the origins of Mother's Day, we hope that you have a wonderful time and show your Mum just how much she means to you! (You may even want to try some Simnel cake and take her some flowers! ;)

LIMITED OFFER: FREE FACIAL AESTHETICS CONSULTATIONS

After the success of our "White Christmas" teeth whitening promotion back in December, we were wondering what we could do to give you an extra boost now that we're already 1/4 of the way through the year! So, after a long think - and with summer approaching! - we had the idea of offering **FREE facial aesthetics consultations** with our resident expert, Daniela!

If you're like a lot of people who'd like to have healthier, younger-looking skin, you may have considered facial aesthetics treatments - but you may be unsure of which of the many different options would work well for you...

Enter our facial aesthetics expert, Daniela! This month we're offering a free consultation where you can book yourself in, have a chat with Daniela and get all your questions and concerns addressed, and get some recommendations on what you can do to ensure you have that fresher, healthier look in the coming months. To book your spot or find out more, please call us on **01480 453003** or email us at: info@wensleydaleddental.co.uk



INTRODUCING DENTAL IMPLANTS

What Are Dental Implants Used For?

Dental implants are most often used to replace missing teeth, but they can also be used to support dentures - vastly improving their stability and giving the patient a better feel and bite when eating.

Multiple dental implants are now being used to secure fixed bridges or dentures which can be used to replace an entire arch of teeth. This means that even patients who are missing all their teeth can once again have a strong bite and an attractive smile.

Dental Implants are Surprisingly Strong

Humans have been trying to develop the perfect dental implant for thousands of years... Remains from ancient China show carved bamboo pegs tapped into the bone to replace lost teeth. And the Mayans used to hammer tooth-shaped fragments of shell into the gums to act as dental implants...

Fortunately, things have moved on a lot since then and modern dental implants are typically made of titanium (the same material used to make space shuttles and guided missiles!)

The strength of these materials means that implants typically outlast other tooth replacement options. For example, dental bridges can only last as long as the teeth on either side, so if one of them is damaged - or decays - the bridge will need to be replaced.

And even dentures can become worn or damaged or need to be replaced when the mouth changes shape as we age.

But because dental implants are made of such strong materials and therefore can't decay, they could very well last you for the rest of your life. The only thing dental implant patients need to do is to take care of their new teeth the same way they'd look after their natural ones - by brushing twice a day in order to keep the gums healthy and prevent inflammation.

How Dental Implants Work

Dental implants consist of three parts: a titanium post or screw that is secured within the jaw bone, a tooth-shaped crown, and an "abutment" that joins the two other pieces together.

Once in place, dental implants look and function just like real teeth - so only you and your dentist will know you have them!

They Can Be Fitted at Any Age

Around 10,000 dental implants are fitted in the UK each year, the majority of them in people over 65.

Yet because dental implants can be fitted whenever a tooth is extracted, damaged or knocked out, there are a significant number of young and middle-aged people who've had dental implants fitted after losing teeth while playing sports, as a result of accidents or due to poor health.



Age is less important when considering implants than your general health. For example, some illnesses such as diabetes can cause complications with healing after surgery, and patients who smoke or who already have gum disease may find their bone and gum tissue too weak to support implants...

However, even where patients lack enough bone for an implant, modern techniques such as bone grafts can often replace the missing bone and make it possible for an implant to be fitted.

Finding Out More...

If you'd like to find out more about dental implants and whether they could help improve the quality of your life, contact us for a free consultation. We'll be happy to give you all the information you need, answer any questions you have, and then leave you to decide whether you'd like to proceed.



See your smile transformation
before you commit to Invisalign.



Book now for your no-obligation, Free Smile Evaluation.

We'll take you through the treatment options, answer any questions you may have and show you examples of the kinds of results you can expect with Invisalign.



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YOUR QUESTIONS ABOUT INVISALIGN

In this issue we answer your most common questions about the hugely popular Invisalign "invisible" teeth straightening system.

What is Invisalign?

Invisalign is the virtually-invisible way to straighten your teeth and achieve the smile you've always wanted. Using advanced 3D computer-imaging technology, Invisalign creates a complete treatment plan for you that takes you from the initial position of your teeth to their final desired placement. A series of clear aligners are then custom-made for your teeth. Each aligner is worn for about two weeks before being replaced by the next in the series, gradually moving your teeth towards their projected final position.



What are the benefits?

Invisalign aligners are almost invisible and most people may not even notice that you're wearing them. This makes Invisalign extremely discreet - fitting in with your lifestyle and daily interactions with others.

Invisalign aligners are also removable. Unlike traditional metal braces, this gives you the flexibility to simply remove the aligners and eat and drink whatever you like during treatment. And there's no troublesome cleaning around braces because you'll be able to remove your aligners to brush and floss as normal.

Also, because there are no metal brackets or wires as with traditional metal braces, less time is typically required when you visit the dentist for adjustments.

Finally, Invisalign allows you to see both your entire treatment plan and your final results in virtual format before you even begin treatment - so you'll see how your teeth will look once your treatment is complete!

Is this a new way to straighten your teeth?

Align Technology first launched Invisalign in 1999 and since then have gone on to improve the technology year-by-year. They developed the unique **ClinCheck**® software which allows patients to see their treatment plan from beginning-to-end even before treatment even starts. And Invisalign's advanced 3D computer technology means we can now use Invisalign to treat patients with a wide range of teeth straightening issues. In fact, over 5 million people worldwide have already received Invisalign treatment to-date.

How do I get started with Invisalign?

To get started, simply make an appointment with our treatment coordinator. She'll then book you in for a free consultation to explain the process, answer your questions and show you how the treatment works. You can find our contact information below.

How much does it cost?

The cost of Invisalign depends on your particular treatment plan - we'll be able to create for you when you've attended your initial consultation with our Invisalign specialist. We do offer a wide range of finance options to suit any budget.

How often will I need to see my dentist?

Appointment intervals are pretty much the same as with conventional braces but typically require less time in the chair because there are no wires or brackets to be adjusted. Patients usually visit us every 4-to-6 weeks so we can check everything is proceeding according to plan and to receive their next sets of aligners.

How long does the treatment take?

When we've seen your teeth during your initial consultation we can give you a better idea of how long the treatment will take in your particular case. The total duration depends on how complex the case is but typically Invisalign treatment lasts between 6 and 18 months - a similar amount of time to that required with traditional braces.

Is the treatment painful?

Some people experience slight discomfort when starting with a new aligner but this usually goes away after a few days. This is normal and is often described as a sensation of pressure rather than actual pain. It's completely normal and shows that the treatment is working and moving your teeth to where they're meant to be.

Why chose us?

We have extensive experience treating patients with Invisalign and are continuously investing in new training and equipment to ensure that we're able to deliver the best clinical results possible. We'll be happy to show you some pictures of our results when you come in for your free consultation. and you can find a number of testimonials and reviews that we've received from satisfied patients on our website. To find out more, book a free consultation with us on: **01480 453003** or email: info@wensleydaledental.co.uk

NATURAL TEETH WHITENING

These days it's common to see TV commercials about toothpaste that whitens your teeth, but did you know that you can actually whiten your teeth just by eating the right foods? Read on to discover which food can help brighten up your smile...

Foods that whiten teeth

Apples, pears, cauliflower and guava all increase the production of saliva in the mouth which, over time, helps to flush away stains

Sesame seeds - eating sesame seeds helps "exfoliate" the teeth and scrape away dental plaque

Oily fish, breakfast cereals, dairy products and eggs are all rich in vitamin D - a vital nutrient needed to help absorption of calcium required for healthy teeth and bones (watch out for the sugar in those cereals, though!)

Green vegetables - spinach, chard, kale, broccoli, lettuce, asparagus, etc - contain iron which forms a protective barrier over the teeth that protects the enamel and removes stains as it's scrubbed away

Shiitake mushrooms, basil, onions, garlic, honey, cabbage and chilli peppers are all natural antibiotics which help reduce the amount of bacteria in the mouth



Cheese - the calcium, protein and phosphorus in cheese help to protect against acids in the mouth

Pineapple, apples, celery and cauliflower all help to remove stains naturally

Ginger helps guard against inflammation and keeps the mouth healthy

Whole grains in cereals and pasta contain vitamin B and iron and are also rich in magnesium which is important for healthy bones and teeth

Carrots, apricots, peppers and melon are all rich in vitamin A - required for healthy teeth enamel

So there you go! Simply eat more of these foods and you'll see a gradual change in the whiteness and general health of your teeth :)

DON'T WANT TO WAIT FOR A WHITER SMILE?

If you're looking for more pleasing results in a shorter time-frame, consider a professional teeth whitening treatment...

Teeth whitening treatments have an anti-ageing effect by returning our teeth to the shade they were when we were younger and create a healthier-looking, more aesthetically-pleasing appearance...

Teeth whitening involves being fitted for custom-made trays that are filled with a solution to whiten your teeth. The solution available at the dentists is stronger than that used in at-home teeth whitening kits so you get results faster...

Also, because the trays used to hold the solution are custom-made by your dentist, you don't get the same irritation that is often caused by the generic one-size-fits-all trays used in the home whitening kits. Some of these at-home kits have also been shown to produce very little change in the colour of your teeth. To avoid this problem, it's always best to use an at-home teeth whitening solution that is provided, or at least recommended by your dentist.

To find out more about our teeth whitening treatments contact us today or visit our website wensleydaledental.co.uk





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YOUR FAMILY DENTIST IN HUNTINGDON