



# Word of Mouth



## Energy drink dependency is revealed

Summer 2018

A leading health charity has exposed the UK's shocking dependence on energy drinks and is calling for action to help reduce the hugely damaging effect they are having on the nation's oral health.

Startling new research from the Oral Health Foundation has discovered that almost one in four (23%) British adults say they use energy drinks to get through their day.

Higher levels of consumption were recorded in working adults, who claim they provide more energy for them to get through long days.

Some 12% said they have an energy drink at least one a day. This rises to almost one in three (32%) of 25-34 year olds.

Some energy drinks contain 55g of sugar, the equivalent of 14 teaspoons - almost twice the recommended daily allowance. They are often also highly acidic and are causing a devastating effect on oral health.

As part of National Smile Month, which ran from 14 May to 14 June, the charity wants to raise awareness about the dangers of energy drinks and share the important message that if you need a caffeine boost, there are much more dentally friendly ways to do so.

Dr Nigel Carter OBE, CEO of the Oral Health Foundation says: "We are incredibly worried about the growth in popularity in energy drinks in recent years. A dependence on energy drinks can very quickly lead to severe oral health problems such as tooth decay and erosion, as well

as lead to any number of other health conditions and diseases.

"Energy drinks have exceedingly high levels of sugar and as they have zero nutritional value, there really is no need to consume them."

### Do you have energy drinks?

If you have energy drinks, please ensure you visit us every 6 months so we can keep a close eye on your dental health. Remember, prevention is better than cure.

### FREE consultation

Would you like to find out more about facial aesthetics? (Botox and dermal fillers)

Visit Dr Grace Kelly for a free consultation to find out more

Call us NOW to book!

## Keeping your gums healthy is vital

Periodontal disease is an inflammatory disease that affects the soft and hard structures that support the teeth.

In its early stage, called gingivitis, the gums become swollen and red due to inflammation, which is the body's natural response to the presence of harmful bacteria.

Periodontal disease is of increasing concern due to it being linked to not only tooth loss due to the reduction in the supporting tissues but also to heart disease, diabetes, stillbirth, premature births, dementia and strokes. Advanced cases require expert care and we are fortunate to have Dr Nikos Mardas, who is a periodontal specialist who can offer procedures which are outside the skill set of most dentists.



Dr Nikos Mardas qualified in Dentistry from Athens University in 1992 and completed his 3-year specialist training and MS degree in Periodontology in 1997 at the Royal Dental College, University of Aarhus, Denmark.

He was awarded a PhD degree in 2005 from the same University. In July 2015, he was appointed Senior Clinical Lecturer & Honorary Consultant in the Centre for Adult Oral Health, Barts & The London School of Dentistry, Queen Mary University of London.

Dr Mardas has been part of our team since 2006 and together with our hygiene and therapy team will assist with both the prevention and management of periodontal disease.

# Spotlight on - *mouth ulcers*

Most of us get mouth ulcers from time to time. They are those painful sores that can appear on the inside of the cheeks, lips and gums that look a little bit like blisters or heat lumps.

No one is 100% sure what causes mouth ulcers. What we can all agree on however is that they can be very painful. The inside of the mouth is one of the most sensitive and tender areas of the body. Mouth ulcers constantly seem to catch on our teeth, become inflamed when we eat and irritated when we drink. They often appear in clusters too.

## Treating mouth ulcers

If ulcers are very painful, try gargling with soluble aspirin. Also try avoiding anything that might inflame your ulcers such as hot, spicy or vinegary foods and hot drinks.

There are a number of over-the-counter treatments for mouth ulcers. While there are different brand names, the majority take the same approach, which is a gel



containing analgesic.

Also make sure you maintain a good oral hygiene and health programme. Avoid using any products that irritate your mouth. Use a softer toothbrush and try and find a toothpaste that is less abrasive.

Similarly, you may find that an alcohol-free mouthwash is the best choice (or no mouthwash at all).

Of course, please visit your dentist

regularly, so that we can help to remove plaque and debris from your teeth. This will stop the build-up of bacteria that can damage your gums.

## Mouth cancer and ulcers

Most ulcers heal up on their own in around two weeks. However, if they don't heal within three weeks you should visit your dentist.

Mouth cancer can first appear as a mouth ulcer. These ulcers are usually appear on their own and last a long time without any obvious nearby cause (for example a sharp tooth).

Ulcers caused by cancer usually appear on or under the tongue, but may occasionally appear somewhere else in the mouth.

Mouth cancer is usually linked to heavy smoking and drinking. Doing both together greatly increases the risk.

## Brits spend £200 on health care

British adults are spending £196 a year looking after their smile by purchasing oral health care products, according to the results of a nationwide survey.

An investigation by the Oral Health Foundation of more than 2,000 people found we are spending an average of £16.34 a month on products such as toothpaste, mouthwash, interdental brushes and sugar free gum.

As the number of people visiting a dentist continues to rise, the population is now placing greater emphasis on good oral health.

Dr Nigel Carter OBE, said: "The health of your mouth is a really useful indicator for determining the state your overall health and wellbeing. A healthy mouth often translates to a healthy body and this message is being adopted by greater numbers of a population,

which is becoming significantly more health-conscious.

"Daily oral hygiene routines, reducing sugar consumption, and visiting the dentist are all having a positive impact transforming Britain's oral health. Heart disease, strokes, diabetes, premature births and respiratory disease are just some of the problems that can be caused or made worse by poor oral health, so by investing more time and money into the health of your mouth you are demonstrating a very clear ambition to improve the quality of your life."

Those in London are likely to spend the most - £25.53 every month, followed by those in Oxford (£23.72), York (£19.83) and Liverpool (£18.03). Residents who spend the least are in Sheffield (£7.46), Leeds (£7.81) and Belfast (£8.53).

## Practice news

### A fond farewell

Farewell and good luck to long term staff member Alison, who is leaving us to work part time with an endodontic (root canal) specialist closer to her home. She will be missed by staff and patients alike.

### Welcome aboard

Welcome to Valaska who joins us in July as a qualified, full time dental nurse. Valaska is looking forward to meeting our lovely patients.

### Listening to you

We have now introduced Clinipads, a way of digitally completing your medical histories. We have listened to our patient feedback and moving forwards this process should now be much slicker and easier.

### Good luck in Oz

We wish trainee dental nurse Charlie well as she leaves the UK for 6 months in Australia.

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Mon - Thur: 8 am - 5 pm  
Fri: 8 am - 4 pm  
Sat: 9 am - 2 pm

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