

# FOREST HOUSE DENTAL PRACTICE



## Hussein Travels to Africa!!

In May, One of our dentists Hussein will be going on his annual trip to The Gambia, West Africa to help those less fortunate. Hussein has written a short editorial on his charity work and what we at Forest House are supporting.

Gambia, the smallest African country is wedged into surrounding Senegal and is home to 1.9 million residents. As some of my patients already know, I assist and manage a family run charity improving healthcare and living standards in The Gambia. We have a **100%** donation policy where every penny donated goes towards the cause. Since last year, I have focussed more on improving Oral health in the Gambia where I have started visiting schools and educating both pupils and teachers in dental hygiene. I also presented this work at the Regional East Midlands conference in May 2015.



### Just a brief history of the charity...

The GamLeicester Charity, a non-profit organization based in The Gambia and working with a UK based Registered Charity (CBC Charitable Trust) It functions to provide health facilities to the African population and relief work in West Africa and The Gambia. GamLeicester Charity has built a Health Clinic with 20 beds which provides great assistance to the local community, with a population of 20,000 people.

Since our inception 7 years ago, we have been able to make a positive change in the lives of thousands, including children and pregnant women, imparting them the basic medical relief which we believe is the right of every human being. Our mission is to help people to be self-sustainable.

The health clinic opened in February 2010 with appreciation and formal opening from the Ministry of Health in the Gambia. The clinic provides facilities for vaccinations which are run in association with the World Health Organisation, a daily surgery, an outpatient room, district nurse, medical supplies and a maternity ward with 20 beds.



Several years of experience in aiding and assisting those less fortunate has enabled me to learn that many aspects of life, which we may find insignificant, can greatly benefit the wider community such as sanitation, clean water and medical assistance. I have a great passion for charity work, stemming from this successful running of my own charity in The Gambia.

Having travelled to The Gambia for the past 10 years, I have helped to build numerous schools, introduced various clean water schemes, and provided relief in food as well as opening up a health clinic. These projects have helped to aid thousands of individuals. I have also gained acknowledgement and appreciation from the President of The Gambia emphasising my on-going commitment in the alleviation of poverty and helping others.

The Key Aim for the upcoming trip in May is to provide basic food aid to remote villages across the Gambia. **£10 will buy a 25kg bag of rice which will feed a family for an entire month!** If you would like to contribute towards this cause and be part of this amazing project, you can donate on:

<http://mydonate.bt.com/events/gambia2018/461107>

## MYTH BUSTER

### MYTH:

Brushing is bad for bleeding gums.

### ANSWER:

On the surface this myth might make sense - if your gums are bleeding it seems logical that you would leave them alone until they heal.

But when it comes to your gums, the opposite is true. When your gums bleed, it's a sign that plaque and food particles are accumulating along your gum line and the gums have become irritated and inflamed. You need to brush to remove the plaque and food particles if you want the bleeding to stop. Your gums might also bleed if you're flossing harshly or flossing for the first time, or the first time in a while, and your gums aren't used to it.

The key is to brush and floss regularly and gently. Dentists recommend holding your toothbrush so that the bristles are at a 45-degree angle to your teeth, with the bristles pointing toward your gums.

This is the most effective way to remove gum line plaque by brushing. When you floss, don't force the floss between the teeth - instead, gently slide the floss back and forth, following the curve of the tooth, until it slips between your teeth.

It may take some time, but eventually the bleeding and soreness will go away. If it doesn't, call and make an appointment with your Dentist.



- 3) Keeping your acidic drinks to meal times will reduce the frequency of acid (and sugar) on your teeth.
- 4) Do not brush your teeth immediately after every meal. Please allow at least 45 minutes until you brush your teeth.

All of us here at Forest House Dental Practice would like to reassure you that it is never too late to have treatment on your teeth due to erosion and there are lots of options that we can offer to restore your mouth back to normal.



Enamel Erosion



Anterior Erosion

## What Is Eating Your Enamel?

An apple a day keeps the doctor away! Eat your 5 fruit and vegetables every day. Drink a glass of orange juice every morning! Exercise regularly and drink energy drinks to keep your energy levels up!

This is only some of the information that is given to us by adverts or other health professionals. However, one thing is for certain; fizzy drinks, energy drinks, excessive fruit intake and even fruit juices can damage your teeth and you are about to find out why and how!

It is not just the excessive amount of sugar in these drinks, even the no added sugar drinks contain "phosphoric acid" or "citric acid" or preservatives. These all improve the flavour of the food/drink. However, they increase the acidity to almost the same level as vinegar/lemon juice. This is bad news for teeth as constant intake of this can increase the risk of decay (sugar) and tooth erosion (acid).

Signs and symptoms of tooth erosion are;

- 1) Sensitivity – Mostly to cold foods and this will be a short sharp pain in the tooth which has eroded away.
- 2) Discolouration: As the top surface of your tooth (enamel) is lost due to the acid, the yellow surface (Dentine) shines through.
- 3) Cracking teeth and chipping teeth
- 4) Flattened teeth at the back of your mouth.

Tooth erosion is almost seen in all of the population due to higher frequency of intake of acidic foods and drinks. However, we can give information on how to prevent or reduce the progression of tooth erosion with a few simple steps

- 1) Avoiding soft drinks and wine is a step in the right direction! This will reduce the number of times that acid is on your teeth throughout the day.
- 2) Using a straw when drinking acidic drinks will ensure the teeth are in less contact with acid as much as possible, therefore reducing erosion.



Before and after treatment due to erosion

## FUN DENTAL FACTS

The enamel on the top surface of your tooth is the hardest part of your entire body.



Teeth start to form even before you are born - milk teeth or baby teeth start to form when the baby is in the womb



No two people have the same set of teeth.  
Your teeth are as unique as your fingerprint.

An average person spends 38.5 days brushing their teeth over their lifetime.

Your mouth produces over 25,000 quarts of saliva in a lifetime - that's enough to fill two swimming



Don't forget to like our Facebook page!



Forest House Dental Practice



Congratulations to Zoe who passed her Dental Nursing exam last month! Zoe is now a fully qualified Dental Nurse  
Well Done 😊



Welcome to our newest team member Sara.

Sara is a qualified dental nurse who has been nursing for over 8 years and has a particular interest in Dental Implants.

## OPENING TIMES THIS MONTH - NOVEMBER

MONDAY: 9AM-5PM

TUESDAY: 9AM-5PM (5PM-7PM: PRIVATE)

WEDNESDAY: 9AM-5PM

THURSDAY: 9AM-5PM

FRIDAY: 9AM – 5PM

SAT/SUN: CLOSED

## FOREST HOUSE DENTAL PRACTICE

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