



Forest House DENTAL PRACTICE

Autumn Update from Forest House Dental Surgery.

As we approach the end of the year and especially as the weather is changing, ensuring our health is tip top should be a priority. Whether that means getting your flu jab or making sure you are getting your 5 a day, looking after our general health has a huge impact on our dental health and vice versa.

As daily rituals go, it's up there with getting dressed. Whether you brush your teeth to avoid cavities or bad breath, a clean, bright smile is a social necessity. Yet a quarter of British adults do not brush the recommended two times a day, and one in 10 regularly forget to brush altogether. Painful trips to the dentist and missing teeth are the obvious consequences. But what about heart disease, diabetes or cancer?

The mouth-body connection is not a new idea. Indeed, Hippocrates attributed a case of arthritis being cured to the pulling of a tooth. As recently as 1968, when the UK's first adult dental health survey was carried out, nearly three-quarters of adults over 55 had none of their own teeth.

In the past decade, there has been an explosion of new research linking oral health to illnesses such as Type 2 diabetes, cancer and heart disease. The most likely explanation is inflammation; the same heat, swelling and discomfort you experience when you stub your toe or get an infected splinter, only in this case it isn't switched off. Such chronic inflammation can be damaging to cells and the DNA they contain.

So, where does this inflammation come from? One of the main reasons we brush is to remove plaque, a sticky combination of bacteria and the waste materials they secrete. Plaque is bad news for several reasons: some of the bacteria living in it produce acid that erodes tooth enamel and causes cavities. But other types of bacteria also flourish within plaque, and they can trigger inflammation in the tissues surrounding the teeth.

In its early stages, gum disease manifests itself as Gingivitis, or bleeding when you brush your teeth. Left untreated, this can lead to Periodontitis, where the gum begins to pull away from the tooth, allowing bacteria to grow in this newly-formed pocket. When you have gum disease, the gums are effectively ulcerated inside, so they're not forming a tight seal. Every time you

eat or brush your teeth, it pushes bacteria into the body and triggers inflammation.

That is why making sure you have your dental health check regularly with the team here at Forest House Dental Surgery is vital. We pride ourselves on giving you the time, expertise and treatment to make sure your risk factors are kept to a minimum and in turn your general health and well being is tip top.

Our dedicated dental hygiene department is the place to visit if you have any concerns or worries or if you just want to make sure things are as they should be. On top of that the feel good factor after an air polish is amazing so why not get your winter dental health check booked? Call 0116 289 8888 to speak to our reception team who will be delighted to book you an appointment.

Other news.

If you don't already follow us on Facebook you could be missing out. Throughout November we are going to be running a tooth whitening offer to have your teeth professionally whitened in time for the Christmas period. Why wait? Follow us and like our page. (T's and C's apply) see offer for more details.

We will be posting a new article before the Christmas period with details of our opening hours as well as some exciting news about what is happening in 2020.

