

newsmile

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Golden Proportion

We are often asked how we choose the shape and size of teeth when we are making alterations to the appearance. The answer is that we try to work in the same way as nature, to arrange teeth with symmetry and in what is known as 'golden proportion'.

In nature, all living things have the length to width ratio in golden proportion, whether it's a flower petal or a butterfly wing. This proportion is pleasing to the eye. Beautiful teeth are in golden proportion: Whatever size they are, the ratio of width to length is consistent, as is the relationship of one tooth to another.

All living things have the length to width ratio in golden proportion

Many artists and architects have proportioned their works according to this golden ratio (1:1.618 for those of you who are curious) believing it to be aesthetically pleasing, and Mathematicians acknowledge its unique and interesting properties.

We work with our technicians using these proportions as a guide to produce the most attractive final result. There is also the line of

the tips of the teeth to consider, which in most cases ideally follows the same line as the lower lip. Sometimes we might add a tiny twist or turn to suggest a natural irregularity, sometimes we go for absolute perfection, depending on what each individual patient feels is right. This applies to the design of crowns, veneers, implants and dentures.



Practice News

Welcome to the final 2008 edition of our newsletter. First we welcome back Lisa Harvey as a part time nurse. She originally worked with us in Windsor about 15 years ago, left to have Oliver and returned to work only to leave again to give birth to Alice! Again she returned but had to leave us to have Lucy! Now back again, we gather she has discovered the cause and the breeding programme is completed so we hope to hang onto her a lot longer this time!

As the news is so full of doom and gloom we have decided to reduce the price of our cheapest tooth whitening treatment by 10%, to the bargain price of £225, until Christmas.

Outside the practice I have been competing in the gruelling "Tour Britannia" rally in a friend's 1955 Lancia Aurelia. After four extremely hard and very wet days we were second in class and came home with a small piece of Wedgewood! The only other event I have taken part in was the Norwich Union Classic rally which, although non competitive, was great fun and introduced Liz to navigation. One fellow competitor described her as "the bravest person on the rally" having seen the speeds that our old Alfa could go!

Best wishes,
Jonathan and the team.



Remember Remember...

Autumn is the time when routines are re-established after the summer holiday period and all the things that were put on hold become priorities.

Summer often means more sweet treats and ices than usual, so remember to check that you and your family are up

to date with dental visits. For the sporting season we recommend that keen players invest in a custom fitted mouthguard - a superior alternative to off-the-shelf products. Now is also the time to book a tooth whitening treatment to ensure you really do have a White Christmas!

 What did the vampire say to his dentist?... Fang you very much!



A clearer picture

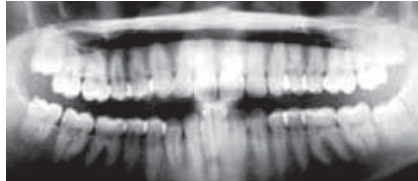
Early tooth decay does not tend to display many physical signs. Teeth may look healthy on the surface, but an x-ray enables us to see in between them and under the edge of your fillings, evidence of decay under the enamel, possible infections in the roots, or bone loss around the tooth. Finding and treating dental problems at an early stage can save both time and money.

In children, x-rays show where the second teeth are positioned, when they will come through and whether there is enough space for them. In adults, we are able to see impacted wisdom teeth that may need to be removed before they cause any problems.

If you are a new patient, we will probably suggest x-rays, unless you have had some taken very recently elsewhere. After that, they are usually recommended every 6 to 24 months depending on your age, history of decay, and the condition of your mouth.

There are various types of x-ray. **Bitewing** x-rays show us what is happening between your back teeth and whether there is evidence of any bone loss. These should be taken at regular intervals, usually every couple of years, depending on your dental health. The other commonly used small type

is the **Periapical**, which allows us to see the roots of your teeth. These are taken to help to diagnose the cause of pain, to check the condition of a tooth root before placing a crown and to guide us in the process of placing a root filling. **Panoramic** x-rays (below) are large and show the whole mouth, including all teeth and jaws, giving us a complete overview of the mouth.



The amount of radiation received from a dental x-ray is extremely small: We get more radiation from natural sources, including minerals in the soil, and from our general environment. Rest assured that we expose our patients to as little radiation as possible and only take x-rays where the information gained will affect the treatment we offer and assist us in prevention of problems. If you are pregnant, please let us know as we will avoid taking x-rays unless we really have to, particularly during the first three months.

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 ‘A smile is a curve that sets things straight.’

Phyllis Diller, Comedienne.

If you knock a tooth out...

First, if you can find the tooth and it is clean, try to put it back into the socket yourself. Alternatively, follow the guidelines below:

- **Do** put it straight into a cup of milk or keep it in your mouth.
- **Do** call us or visit your local hospital as soon as possible.
- **Do** take painkillers if necessary.
- **Don't** hold the tooth by the root, as teeth are surrounded by fragile ligaments which need to be kept intact if the tooth is to be replaced.
- **Don't** clean the tooth with disinfectant or water or let it dry out.
- **Don't** put aspirin or clove oil on the wound.
- **Don't** panic!



The sooner the tooth is back in place, the better the chance of success. It may then be necessary to use a dental splint to fasten the tooth against the teeth on either side. In most cases this is successful, and once the splint is removed the tooth will be stable. However, as every individual case is different, it is possible more treatment may be needed in the future.

Freshen your breath

Did you know that bad breath can result from unhealthy digestion? If you have regular dental check-ups and maintain good oral hygiene, yet still suffer from bad breath, it may be time to look at improving your dietary habits. Here are three tips for fresher breath:

- 1** Drink two litres of water each day. Dehydration leads to a reduction in saliva which is vital for flushing away odour-producing bacteria.
- 2** Eat five portions of fruit and vegetables and choose wholegrain types of bread, rice and pasta. This will provide the fibre which is essential for healthy evacuation.
- 3** Eat a small pot of bio 'live' plain yoghurt (unsweetened of course!) every day to repopulate the digestive tract with friendly bacteria and crowd out the odour-producing bacteria.



MOUTH CANCER AWARENESS WEEK A great opportunity to encourage smokers to get help and quit for good!

Between 16-22 November 2008, a national campaign will raise public awareness of mouth cancer.

Smoking is a big risk factor - so there couldn't be a better time to quit. Dentists are in the perfect position to spot early signs of smoking-related changes in the mouth, and positively encourage patients to contact their local stop smoking services.

- Smokers are four times more likely to quit for good using a specialist NHS stop smoking service.



Mouth Cancer
FOUNDATION
www.mouthcancerfoundation.org

Thank you

We would like to say a big thank you to all of our patients who recommend us to family, friends and colleagues. If you like what we do please continue to tell people - our practice grows by personal recommendation which enables us to invest in and offer an increasingly high level of care to all our patients.