

# Bespoke dentistry to suit your needs

At Gipsy Lane Smiles, we firmly believe that your needs come first. We're not here to make you fit into our idea of what dental treatment should be, we are here to provide dentistry to suit you and your needs.

For some people, having and maintaining healthy teeth and gums is enough, and we are more than happy to help them achieve that goal. In fact, helping all our patients to achieve optimum oral health is at the very core of our business.

Other people are conscious of the way their smile looks, and ask our advice on how we could improve its appearance. We are able to offer a wide choice of smile enhancement treatments, and will always give you honest, open advice on which would be best suited to you and your expectations.



## Payment options

If you would like to spread the cost of your routine examinations and hygiene appointments then please ask for details of our **practice plan**.

Patients interested in cosmetic dental treatments to enhance their smile may like to request information about **interest-free finance** from Medenta.



## It's a boy!

Congratulations to nurse **Natalie Pike** who is now the proud mum of a beautiful baby boy. Gregory was born on 18th January and weighed 7lbs 9oz.

## Your safety

You can be confident that we follow the most stringent procedures possible to help protect you during treatment. For example, we wear gloves, masks and eye protection, and we protect your eyes too.

Wherever possible we use disposable items that can be thrown away after a single use. All clinical waste is carefully handled and disposed of safely. Our treatment rooms are cleaned thoroughly on a regular basis and our staff attend frequent training sessions to ensure they know about the most up-to-date procedures.

We aim to not only meet but exceed the Department of Health's requirements. We have recently created a brand new **decontamination room** in-line with new 'best practice' guidelines.

## New patients

We are very grateful to all of our regular patients who refer their family and friends to us. Please continue to pass on our details to anyone who you feel would benefit from our care.



# Smile Dental Care

## What's inside?

Our latest newsletter is packed with interesting articles giving information about treatments we offer and advice on keeping your teeth and gums healthy. If you are unhappy with your teeth you are not alone, even pop stars are embarrassed about their smiles – read more inside. Tooth grinding and jaw clenching are on the increase, find out why, what problems this leads to and how we can help. We also explain why eating more fish can help you keep your teeth for life, tell you about a new world record and much more!



Edited in association with the  
British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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# Even pop stars get embarrassed about their smiles...

Pop star Katy Perry has said in a new YouTube video that she is embarrassed about her smile, and brushes her teeth three times a day to keep her breath fresh. Katy, whose hits include 'I Kissed a Girl' and 'California Girls', said in an interview: *"I have really jacked-up bottom teeth. I don't grin from ear to ear because I'm embarrassed."*



Many people are embarrassed about their smiles, for a whole host of reasons. A-lister Jessica Simpson has recently said her teeth are too slippery! *"My lips just slide all over the place... I can't catch up with my mouth,"* she said.

We are used to helping people who are unhappy with their smiles. Many patients are pleasantly surprised at how affordable treatment can be, especially if it is just a small imperfection that they want treated, such as a gap between their front teeth. Others feel it is so important to feel good about their smile that they invest in a full smile makeover, and often say afterwards that it has changed their lives.

**If there is anything you would like to change about your smile, please do talk to us about it. We will be happy to explain the treatment options available to you and help you have the smile you have always wanted.**

## Fun fact

American dentist Val Kolpakov has set a new world record for the largest collection of toothpastes. He has over 1,800 toothpastes, with flavours including curry, bamboo, chocolate and whiskey.



## Tooth grinding

Tooth grinding and jaw clenching are on the increase because of stress and worry over finances and job security, according to new reports.

Tooth grinding (also known as bruxism) and jaw clenching are common symptoms of stress and anxiety, and can have a devastating effect on your teeth as well as causing problems such as headaches, jaw pain and eating problems.

Many people grind their teeth in their sleep, and are unaware of the problem until either their partner complains of the noise, or they start experiencing dental problems. Both grinding and jaw clenching can wear your teeth down, and can also cause teeth to crack or break. They can also put excessive pressure on your jaw joint, which can lead to problems such as chronic headaches or migraines, neck, shoulder and back ache and ear and jaw pain.

**If you think you might be grinding your teeth or clenching your jaw, do speak to us about it. There are a number of things we could do to help, most of which are very affordable and certainly much cheaper than having to repair or replace damaged teeth.**

# For a healthier smile, eat more fish!

Eating plenty of fish and nuts can help you keep your teeth for life, according to new research. The American study suggests that polyunsaturated fatty acids found in foods such as fatty fish and nuts can help to lower the risk of gum disease.

Gum disease is a very common condition, and in its earlier stages can cause sore, swollen or bleeding gums and bad breath. If left untreated, it can eventually lead to tooth loss. It is also increasingly being linked to other health problems such as heart disease, diabetes and premature births.

**Chief executive of the British Dental Health Foundation Dr Nigel Carter said:**

*"This study shows that a small and relatively easy change in people's diet can massively improve the condition of their teeth and gums, which in turn can improve their overall wellbeing."*

