

Word of Mouth

Are you living with an uncomfortable mouth?

Spring 2016



A comfortable mouth is a wonderful thing and something we rarely give much thought to until there's a problem. When issues do strike we have two choices: address them or grin and bear it.

It always amazes us just how many people live with uncomfortable mouths or change their lives in a bid to avoid the problem.

How many of us say no to an ice-cream because we have sensitive teeth? Choose soft food instead of steak because we are afraid our bridges or dentures won't cope? Chew on one side of our mouth because the other is uncomfortable or we have missing teeth? Or take painkillers for headaches caused by teeth grinding?

No more grinning and bearing it!

If you can remember just how easy it was to have a comfortable mouth and you want to return to those happy days, let us know and we will do all we can to help.

Our unhurried appointments give us time to listen to your concerns and you can rest

Straighten your teeth invisibly

Join us for a FREE consultation to see if you are suitable for clear aligners from Invisalign.

Book now!

assured that we have a range of affordable solutions to restore your mouth to full fitness.

Sensitive teeth?

Sometimes all it takes is an x-ray to help us identify the problem and a short course of treatment - often in a single visit - to get you eating hot and cold food again.

Headaches from grinding?

Specially-crafted mouth guards can alleviate tooth clenching and grinding allowing you to have a better night's sleep and no facial pain or headaches on

waking. It sounds too good to be true but it isn't.

Want to eat whatever you fancy?

Start enjoying the food you once loved by replacing any missing teeth with a bridge, denture or dental implant. Leaving the gap is never a good idea because your other teeth will drift into the space causing problems with your bite.

Sore & bleeding gums?

Address gum disease by booking a hygiene appointment today. Your gums will improve and so will your overall health.

Thanks for your support

We took part in the Fire Walk on March 10th to support Woking Hospice.

Our Team collected £948.07 and we would like to thank all of our patients and friends who donated for us. It is for a very worthy cause!



Spotlight on - *National Smile Month*

National Smile Month is the UK's largest and longest-running campaign to promote good oral health - and this year it celebrates its 40th birthday!

National Smile Month highlights three key messages, all of which go a long way in helping develop and maintain a healthy mouth. They are:

- Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

The campaign aims to improve the UK's oral health - so please spread the word to family, friends and neighbours - or anyone who doesn't look after their teeth as well as you do.

Organised by oral health charity, the British Dental Health Foundation, the



campaign hopes to raise awareness of important health issues and make a positive difference to the oral health of millions.

The campaign will take place between

16 May and 16 June, and will encourage anyone with an interest in good oral healthcare to join in and help educate, motivate and communicate positive oral health messages and improve the quality of smiles all around the UK.

Spotting the early signs of dementia

Dentists and hygienists are well placed to spot the early signs of dementia and this is another reason why we encourage our patients to visit us regularly.

The Alzheimer's Society estimate that there are currently more than 850,000 people with dementia in the UK and this will be over one million by 2025.

Studies have shown that people with dementia have poorer oral health than those without the disease due to impairment of cognitive skills and a reliance on care providers.

Dental teams can identify the early signs of dementia through monitoring any deterioration in oral health and we can help people to be diagnosed more quickly by referring them to their GP for further investigation.

George McNamara from the Alzheimer's Society said: "We recognise how important an oral health care programme is for people with dementia. This programme should be established as early as possible so that people can independently maintain their oral health for as long as possible.

"Once the condition progresses their carer will need to support them in keeping their teeth healthy."

He said people with dementia in advanced stages may not be able to communicate that they are experiencing pain in their teeth so dentists are well placed to recognise other signs which may indicate an underlying problem.

We are also able to help people with dementia maintain a good quality of oral health and reduce discomfort.

Did you know?

Open on Saturday

Did you know that we are open on Saturdays for private appointments? Speak to our reception team to get more information.

Straight teeth

We are proudly teaming up with Invisalign to offer our patients straight teeth and a beaming smile with clear aligners.

Your feedback

We are conducting our Patient Satisfaction Survey at the moment. We would be very grateful if you could take the time to give some honest feedback about the service you receive here at our practice.

A good cause

We are still collecting for Woking Hospice! We are providing a Donating Bucket at reception where any loose change is welcome for this worthy cause.

Goldsworth Road Dental Centre

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Opening hours

Mon: 8.00am - 5.00pm
Tues: 9.00am - 6.30pm
Wed: 9.00am - 5.00pm
Thur: 9.00am - 5.00pm
Fri: 9.00am - 4.00pm
Sat: by appointment only

www.goldsworthroadaddental.co.uk

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.