



Word of Mouth

If we don't see you, we can't screen you



Autumn 2019

This year in the UK, around 8,300 people will be given the life-changing news that they have mouth cancer.

These numbers continue to rise while the disease claims more lives than cervical and testicular cancer combined.

Incidences of mouth cancer have increased by 49% over the last decade. And some 82% of people do not know how to check for the disease, so it is clear that we need to raise awareness of mouth cancer and encourage everybody to be more vigilant about changes in their mouth.

The signs of mouth cancer

Everybody should be mouth aware and able to recognise the early signs of mouth cancer, which can strike in several places, including the lips, tongue, gums and cheeks.

This is what you should look out for - please let others know too:

We are supporting



- Mouth ulcers that do not heal in 3 weeks.
- Red and white patches in your mouth.
- Unusual lumps or swellings in your mouth or head and neck area.
- Persistent hoarseness in your throat.

Let us put your mind at rest

Every dental health examination we carry out includes a screening for mouth cancer, so don't be tempted to put off coming to see us regularly, as often as your dentist recommends.

If you have any concerns, please call us immediately.

Mouth Cancer Action Month is a charity campaign that aims to tackle the growing cases of mouth cancer. It takes place every November. Visit www.dentalhealth.org

WELCOME ABOARD JENNY!

We would like to introduce Jenny Brugada, the new addition to our friendly reception team. Jenny has several years' experience working as a receptionist at a local fitness club. She is very active outside work and enjoys horse riding, boxersize classes and volunteering at the RSPCA.

We would also like to congratulate Sarah who has begun a higher education course towards her longer term goal of becoming a hygienist. She will still be helping out at reception on Fridays.



Win a bottle of champagne!

Guess Andrew's running time for our 5K Charity Run for Alzheimer's on 5 October. A donation of £1 will enter you in the draw and will help us raise money for this great charity.

SPOTLIGHT ON - stress & sugar binges

More than a quarter of UK adults (28%) are turning to sugar when put under stress at work.

About 2,000 people were questioned during National Smile Month about their food choices when stressed and bingeing on sugar was the most frequent reply.

According to LinkedIn, half of workers report feeling stressed in their jobs, prompting the UK charity to call on employers to do more to help combat stress and offer more support to their employees to help them maintain good oral health.

Regular visits to your dentist

If you are reaching for sugary snacks on a regular basis, please ensure you come to see your dentist at least every six months so that we can take extra care of your mouth, teeth and gums and spot any problems, such as decay, cavities or gum disease early.

Evidence suggests that office workers are the most likely to eat sugary foods and



drinks (32%) as a result of stress. Senior professionals like doctors, solicitors and accountants are also at higher risk (31%).

In recent decades, scientific studies have found that comfort eating is actually hormone-related and fuelled by our body's biological response to stressful situations. When put under stress, our body releases a hormone called cortisol which increases

our appetite. Once ingested, fat and sugar-filled foods seem to have a feedback effect that dampens stress-related responses and emotions.

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation, says: "Desk snacking, communal treat tables and vending machines, often filled with sugary foods and drinks, are the biggest contributors to the problem. This is causing oral diseases such as tooth decay, as well as wider conditions like diabetes and obesity."

Healthy eating and developing a more tooth-friendly culture could include choosing snacks like cheese and nuts. Milk and water are great substitutes for juices and fizzy drinks and reducing the amount of sugar added to tea and coffee can make a big difference.

One in seven (15%) people have taken sick leave in last two years to due to oral health problems, estimating that UK businesses lose 3.6 million hours of labour every year and £52 million for the economy.

Electric brushes win hands down

Electric toothbrushes will clean your teeth and gums much better than a manual toothbrush say the results of an 11-year-long study.

Scientists found that people who use an electric toothbrush have healthier gums, less tooth decay and also keep their teeth for longer, compared with those who use a manual toothbrush.

The ground-breaking research is the longest study of its kind into the effectiveness of electric versus manual brushing. Further findings from the Journal of Clinical Periodontology, found that electric toothbrushes resulted in 22% less gum recession and 18% less tooth decay over the 11-year period.

It is important that you understand the best way to use your electric toothbrush. If you would like to brush up on your skills (sorry, we couldn't resist!), please speak to your hygienist



Please remember that whether you are using a manual or electric toothbrush you should be brushing for two minutes, twice a day, with fluoride toothpaste.

Also, a good oral health routine would not be complete without using an interdental brush or floss once a day, before brushing, to dislodge any food or plaque between your teeth.

If you have any questions, don't hesitate to ask.

Practice News

Sophie is back!

Our therapist Sophie has now returned from her maternity leave and is looking forward to meeting you and your children.

Reduced days

Andrew has further reduced his days to two per week. He is working closely with Lisa and the other dentists to ensure that his patients will be treated with the same dignity and high level of care as they were with him.

Brush recycling

Bring in your toothbrushes! We are now a recycling point for the Colgate Oral Care Recycling Program and will send off your old and empty oral care products.

Your feedback

We would love to get your feedback about your experience with us. Please let us know at reception.

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Opening hours

Mon: 8.00am - 5.00pm
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