



# Word of Mouth

## Let's put our health first



Autumn 2020

If this year has taught us anything, it's just how important our health is.

The better our health, the more resilient we are at fighting viruses and illnesses and making a swift recovery. It appears to be those with underlying health conditions, such as diabetes, people struggling to manage their weight and older people, who have been hardest hit by coronavirus, sometimes with tragic consequences.

Links have also been found between the virus and our oral health. In her article published in the British Dental Journal, Dr V. Samsoun presented her research on the link between poor oral health and severe complications from Covid-19.

Even though Covid-19 is a viral infection it is the presence of pathogenic bacteria (bad bacteria that cause disease) that is associated with severe complications with the virus, like pneumonia and acute respiratory syndrome.

### Healthy bacteria in our mouths

Our mouths include a healthy amount of bacteria, called microbiome, which normally can be exchanged between our mouth and our lungs. When we have poor oral health, pathogenic bacteria start to accumulate in our mouths and destroy that

healthy balance. These bacteria can also be breathed into our lungs.

One way these bacteria make us more vulnerable is by increasing our susceptibility to viral infections.

Also, patients with periodontal disease - a severe form of gum disease - have a three times higher risk of developing

diabetes, 20% increased risk of developing hypertension and 25% increased risk of developing cardiovascular disease.

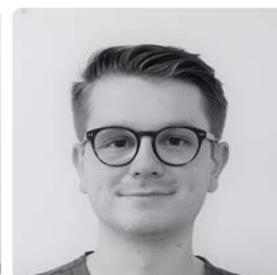
We found many of the emergency patients we treated earlier in the year had not been to see us for more than 12 months.

Please don't neglect your oral health - it's just as important as your general health.

## NEW NURSES WELCOMED ABOARD

We welcome our new nurses, Maja, Nitika and Oliver.

Over the last few weeks all of them have settled in brilliantly and you will see them around in surgery and at reception.



# SPOTLIGHT: seeing your smile on Zoom

Are you taking a fresh look at your teeth during our new Zoom age? Zoom's popularity has skyrocketed recently and we've all had to get used to seeing ourselves online.

Most of us are not used to seeing so much of ourselves chatting, laughing or snacking - and this has led people to reconsider how they feel about their teeth.

Before Covid, patients would sometimes say they hated having their photo taken or always smiled with their mouths closed. Now, it's more about hating looking at ourselves on screens.

You'll be amazed at the affordable solutions we offer - some of which can be completed in a single appointment, such as composite bonding to restore whiteness, close gaps, repair chips or correct twists.

Spotlessly clean, shiny teeth always look great, so consider booking a hygiene appointment for adding a deep cleaned brightness to your smile.

Whitening is one of the most cost effective ways to give your smile a boost and if you're considering straightening your teeth, we can help with that too!

There are lots of different ways in which we can give your smile a boost - just ask your dentist what can be done in your



budget and let us help create a smile you are proud to show off.

You may have saved money during lockdown or by staying in the UK rather holidaying abroad. We have affordable options, payment solutions and finance to help spread the cost should you wish to improve your smile. Call now for details.

## Keeping your mouth in the pink

Looking after our health is more important than ever - and our gums provide a good indication of our general health. After all, healthy gums reflect a healthy body.

Research has found that serious gum disease is linked to medical conditions, such as arthritis, heart disease, bacterial lung infections, dementia, strokes and diabetes, among others.

A staggering 80 per cent of us suffer from gum disease at some point in our lives but with good dental care the risks can be easily controlled.

What can I do?

Brushing twice a day for about two minutes with fluoride toothpaste is the best thing you can do



to keep your teeth and mouth healthy.

Use interdental brushes to clean between your teeth and loosen any trapped food before you brush. Brush last thing at night and at one other time during the day.

Visit us as frequently as we recommend. We use our teeth every day, so we think two dental visits a year to ensure they are disease free, plaque free, clean and strong to last us our entire lifetime, is not too much to ask.

Well serviced mouths require less invasive treatment in the long term, which reduces the overall cost to you, lost work time, and potential pain and discomfort. So, call us now to book your dental health review.

### Goldsworth Road Dental Centre

96 Goldsworth Road  
Woking  
Surrey  
GU21 6LN

01483 495303

#### Opening hours

Mon: 8.00am - 5.00pm  
Tues: 8.00am - 6.00pm  
Wed: 8.00am - 5.00pm  
Thur: 8.00am - 5.00pm  
Fri: 8.00am - 4.00pm

[www.goldsworthroaddental.co.uk](http://www.goldsworthroaddental.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.

## Practice News

### Fond farewells

We sadly said goodbye to Sarah Pritchard and Nikki Triffitt as both of them embark on new adventures and we wish them all the best!

Our two lovely dentists Lisa and Louise will be taking on Nikki's patients. Both are very well liked dentists. Please contact us if you have any questions about your care going forward.

### Covid-19 reminder

We would like to remind all of our patients that we need some health questions in regards to Covid-19 answered before every appointment with us. You will receive an email or text reminder with the link to those questions.

### Book now!

We have appointments available! Please contact us to book your dental health examination and hygiene visits if you have not been in already.