



Word of Mouth

Smiling gives us strength

Autumn 2021

It has been another difficult year but smiling is one thing in our armoury that helps to keep us going through hard times.

A smile spurs a powerful chemical reaction in our brain that can make us feel happier.

It not only makes us feel better - by releasing happy and stress busting hormones into our bodies - it also generates positive responses in others.

Most often, if we smile at another person, they will smile back - even our dogs and cats respond to the gesture. And you don't even have to fully 'mean' your smile either, just the act of smiling tricks our bodies into releasing hormones and improving our mood.

Although we may not always feel like it, when we smile our brains release tiny molecules called neuropeptides to help fight off stress. Then other neurotransmitters like dopamine, serotonin and endorphins come into play. Endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant.

Are you happy to smile?

It makes sense to wear our smiles every day and we are more likely to do so if we feel confident with how our smile looks.

The gift of a smile

Giving yourself or a loved one the gift of a smile is a lovely thing. We have lots of treatments available from hygiene and air polishing to clean, freshen and add sparkle, to composite bonding, tooth

coloured fillings, tooth whitening and teeth straightening. We also have vouchers available for gifting - just ask at reception.

A smile never goes out of fashion and makes us and others feel good. What better gift could there be?

NEW PLAN FOR CHILDREN

Our children's dental health membership encourages regular attendance, enabling us to spot problems before they arise and results in helping your child maintain healthy teeth and gums for life.

As well as spreading the cost of their routine dental care through a monthly direct debit, there are lots of benefits to joining such as an exclusive 20% discount on core dental treatments, plus it saves money when compared to private pay-as-you-go fees.

We also prioritise after school appointments for our young plan patients and all children will see the therapist once a year too. Ask us for details.

HELP YOUR CHILD MAINTAIN A

**HAPPIER,
HEALTHIER
SMILE**

Join our children's dental health membership!



SPOTLIGHT: dental care for older people

As we get older, it can become more difficult to look after our teeth. But it is actually more important than ever to keep on top of our oral health in our autumn years - and we can help.

Am I certain to lose my teeth?

No. With the right home care and help from our dental team, it is possible to keep your teeth for life. Gum disease and tooth decay can be prevented whatever your age.

What problems may I face?

Our gums may shrink back as we get older, and our teeth may become more sensitive as a result. We can show you the best brushing methods to keep any gum problems under control and may suggest a mouthwash to deal with the sensitivity.

We may find it more difficult to clean our teeth properly if we have problems with our hands or arms, or if our eyesight is poor. A magnifying mirror and a good light are often helpful.

If you have lost some teeth in the past and have bridges, dentures or implants, you may have particular cleaning needs. Please ask us for advice as we can help.

Some people take regular medication which makes their mouth dry. Saliva helps to protect your teeth against decay, so if you have less saliva than usual ask for advice. You can buy special products, including artificial saliva, in most pharmacies without



a prescription.

What do I need to clean my teeth properly?

You need a small-headed, soft to medium-textured toothbrush and a fluoride toothpaste. To help clean between your teeth you could use an interdental brush, floss or tape. If you have arthritis you may find it difficult to grip a toothbrush handle, but you can get handle adapters.

Electric toothbrushes are also ideal for people with limited movement. The handles are thicker and easier to hold and the oscillating head does most of the work. If you have any questions, please ask and we will do all we can to help.

Raising awareness of mouth cancer

Almost nine in ten (86%) British adults have now heard of mouth cancer, which is fantastic and means the message is getting out there.



However, awareness about the symptoms, signs and risk factors remains low.

Long lasting ulcers, red or white patches and unusual lumps and bumps are three common warning signs of mouth cancer. A simple check takes only 45 seconds and could be life-saving, which is why regular dental visits are so important.

Attending appointments as often as we recommend makes it more likely that any problems will be caught as early as possible,

including mouth cancer. The earlier a problem is caught, the easier it tends to be to tackle. Mouth cancer is no exception. The smaller the affected area, the better the chances are

of a full recovery. The ten-year survival rate is between 18% and 57%, depending on where the cancer strikes and how early it is diagnosed. So, if in doubt, get checked out!

The everyday choices we make can also affect our chances of developing mouth cancer. Smoking cigarettes significantly increases our risk of developing the disease, and the combination of smoking and drinking alcohol to excess is especially risky. For more information visit www.mouthcancer.org.

Practice News

Fond farewells

We are very sad to say good bye to our wonderful dentist Felicity and our lovely hygienist Sophie. Both are looking forward to spending more time with family and embarking on new adventures.

Welcome Dr Joy!

We welcome our new dentist Dr Joymon Sasikumar to the team. Joymon (Dr Joy) is looking forward to meet all of Felicity's patients.

Extra hygiene days

We now have more availability for hygiene appointments. Our new hygienist Nikema is looking forward to meeting you all. Please contact us for any appointments you may need.

Thank you!

Thank you to all patients for still following our current guidelines in regards to Covid-19 precautions. We are awaiting updates from the Chief Dental Officer however for now all our procedures will stay in place.

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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

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