



# Word of Mouth

## Silent dangers posed by deep gum disease

Winter 2023



Avid readers of this newsletter will already know that the health of our gums provides a mirror to the health of our bodies.

The first stages of gum disease affect some 80% of the population and the signs include swollen, red and bleeding gums, bad tastes and bad breath, and loose or drifting teeth.

Periodontitis or deep gum disease is the second most widespread oral disease after cavities. It affects more than 47% of adults over 30, and by 65 and older, some 64% have either moderate or severe periodontitis.

After an initial phase of inflammation in the visible part of the gum, bacteria move down below the gumline into pockets by the tooth root where they erode the structures that hold our teeth in place, risking tooth loss.

Because of the hidden nature of periodontitis, many people don't know it's there until the very advanced stages. The disease has a genetic component and is also influenced by oral hygiene, which is why we place such importance on the hygiene services we provide.

For most of us, the disease won't become noticeable until our 40s or 50s, by which time, severe damage may have undermined our tooth architecture.

Severe gum disease also drips bacteria into our bloodstream - and that shapes our health well beyond our mouths. Gum disease has been scientifically linked to heart disease, strokes, dementia, bacterial lung infections, problems with pregnancy and fertility, and diabetes, among others.

Please do not neglect the health of your gums. Visit our hygienists as regularly as recommended and remember to brush

your teeth twice a day for two minutes with fluoride toothpaste, as well as cleaning between your teeth with floss or interdental brushes every day. Gum disease can affect anyone, including teenagers and even people with dentures.

Our hygienists will remove dangerous bacteria build-up and assess your mouth for any deep gum disease that is hidden from your view.

## WELCOMING SARAH ABOARD

We are delighted to welcome Sarah King to our hygiene team. Sarah graduated as a dental hygienist from the University of Bristol in 2003 and was awarded the highest level of clinical ability during her training.

After qualifying she has worked in the UK and New Zealand in a variety of dental practices, which have included working with on-site specialists.

Sarah achieved a degree in Dental Studies for Dental Care Professionals in 2018 and the course increased her clinical knowledge and enabled her to gain further skills.

She is passionate about maintaining high standards of patient and clinical care, whilst ensuring a gentle and caring approach. One of the most rewarding parts of her role is helping patients to achieve optimal oral hygiene and the positive impact this has on their oral health. She is looking forward to meeting you.



# SPOTLIGHT: become more mouth aware

New cases of mouth cancer in the UK have risen to a record high, according to a new report.

Figures collected by the Oral Health Foundation show that 8,864 people were diagnosed with the disease in 2021. This has increased by 34% compared to 10 years ago and has more than doubled (103%) within the last generation.

Dr Nigel Carter OBE, chief executive of the Oral Health Foundation, says:

"While most cancers are on the decrease, cases of mouth cancer continue to rise at an alarming rate. Traditional causes like smoking and drinking alcohol to excess are quickly being caught by emerging risk factors like the human papillomavirus (HPV). It's now a cancer that really can affect anybody."

The effects of mouth cancer can be devastating - it changes how somebody speaks, it makes eating and drinking more difficult, and often changes a person's physical appearance.

We are supporting the Oral Health Foundation by urging everybody to become 'mouthaware' by being able to recognise the early warning signs of mouth cancer and to be aware of the common causes. Most importantly, if you notice anything



unusual, please don't delay in seeking our help.

Mouth cancer can appear as a mouth ulcer which does not heal, red or white patches in the mouth, or unusual lumps or swellings in the mouth, head or neck.

One-in-three mouth cancers (33%) are found on the tongue and almost one-in-four (23%) are discovered on the tonsil. The other places to check for mouth cancer include the lips,

gums, inside of the cheeks, as well as the floor and roof of the mouth.

Latest figures show that 3,034 people in the UK lost their life to mouth cancer last year. This has risen by almost 20% in the last five years. Survival rates for mouth cancer have barely improved in the last 20 years. One of the key reasons behind this is that far too many mouth cancers are diagnosed too late.

More than half (53%) of all mouth cancers diagnosed at stage IV – where the cancer is at its most advanced.

Our dentists check for mouth cancer at every visit, so don't put off your routine appointments.

## Five foods that boost our oral health

Here are 5 foods with surprising oral health benefits that we can enjoy!

### Yogurt, milk and cheeses

Any type of healthy dairy product has calcium, which will help strengthen our bones and teeth, and help rebuild tooth enamel.

### Spinach

Any dark green vegetable is good for our body and our teeth. Well-known for its high level of iron, spinach contains calcium.

### Almonds

These are great for your teeth because they are a good source of calcium and protein while



being low in sugar. (Please opt for unsalted).

### Salmon

Salmon has long been considered a healthy food due to being low in fat and high in protein. Protein can help gums to revitalise as it is needed to repair damaged muscle tissue. It also possesses vitamin D which helps us absorb calcium.

### Carrots

Carrots are good, especially when eaten raw. Their crunchy texture can help clean our teeth and the chewing action helps massage our gums and improve their health and blood circulation. Keratin and vitamin A also help repair tooth enamel.

## Goldsworth Road Dental Centre

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Woking  
Surrey  
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### Opening hours

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

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

## Practice News

### Spread the word

Do you know someone who is looking for a dentist? We accept patients and offer great ways of spreading the cost. Please refer to our friendly reception team.

### Just ask Jana...

Do you have questions about your treatment? Speak to Jana, our friendly Treatment Coordinator who will take all the time to explain everything to you.

### New year smiles

New Year, New You? We now also offer Facial Aesthetics treatments. Contact our reception team to book a consultation with our experienced dentists.

### Not feeling well?

We will be happy to rebook your appointment, however please give 24 hours notice whenever possible as failed and short notice appointments will incur a charge.