

The Brightside of Life

October 2018 Issue





WORLD SMILE DAY

The first Friday of October every year is celebrated around the globe as World Smile Day. The unofficial holiday encourages people to do acts of kindness to spread good will and cheer.

First started in 1999 by the creator of the smiley, Harvey Ball, the holiday celebrates the intent behind the now universally recognized icon - to bring a smile to the faces of people around the world. The purpose of the holiday was the move away from the commercialization of the smiley and to use it as a symbol of kindness and affection.

Morale Booster

The smiley made its debut in 1963 as a way to increase the morale of the employees of a life insurance company. Today, it is one of the most popular nonverbal ways to convey joy, happiness and cheer. The smiley face began as a bright yellow circle with two dots to represent eyes and a black line that represents a smiling mouth.

Emoji

Today, there are many different versions of the smiley, representing many other human emotions such a sadness, surprise, worry and laughter. In modern texting smileys are used to express emotions in online conversations on a smartphone or on a computer. The practice has its origin in Japan, and the smileys and other icons are known as emoji.

How to Celebrate?

- Make people around you smile.**
- Do a random act of kindness. Buy a stranger a coffee. Compliment someone. Give your seat up to someone on the bus.**
- Surprise someone in your family with a visit, cook a meal for them, or do something special for them.**
- Volunteer your time and/ or money at a local nonprofit organization.**

Did You Know...

...that babies are born with the ability to smile?

Thank You For Your Referrals

**David Hillock, Carmela Fetta,
Paige Jones, Berniece Wynn,
Amy Coad, and Anita Bradley**

Should I Use Charcoal Toothpaste To Whiten My Teeth?

Charcoal toothpastes, mouthwashes and other products have been around for a few years and are becoming more popular with people wanting a simple and quick fix to whiten their teeth.



Charcoal toothpastes contain “activated charcoal” which is different to what you would use for a barbecue. There have not been enough long term and comprehensive studies carried out on charcoal products and how effective, or damaging to the teeth they are.

Our main dental concerns are as follows:

- Such toothpastes can be very abrasive and can cause damage to enamel and wear down teeth as a result
- Many do not contain fluoride, which most regular toothpastes do contain and is well known to help protect the teeth and help reduce the risk of dental decay
- They do not whiten the teeth, but can help remove superficial staining which gives a brighter appearance

Our advice at Brightside Dental would be to use a fluoride containing toothpaste and possibly use a gentler whitening toothpaste for stain removal. Ensure you have regular dental assessments and hygienist visits to keep your mouth in the best condition. If you do want to improve your smile and the colour of your teeth, professional teeth whitening may be the best and safest long term solution.

What's On The Menu:

Autumn Chestnut Salad

Ready-cooked chestnut add an interesting bite to this seasonal salad.



Ingredients

3 slices crusty bread, cut into small cubes

3-4 tbsp olive oil

70g pack lamb's lettuce

175g cooked chestnut, broken into bite-sized pieces

200g cooked beetroot (not in vinegar), peeled and diced

4-6 slices serrano ham, halved

1 eating apple

For the dressing

1 small red onion, thinly sliced

2 tbsp red wine vinegar

2 tsp Dijon mustard

4 tbsp walnut oil

Method

1. Heat oven to 200C/fan 180C/gas 6. Toss the bread with the olive oil in a small roasting tin. Season with salt and pepper, spread out over a single layer, then bake for 12-15 mins until the bread is browned and crisp. Tip onto a plate lined with kitchen paper, then leave to cool.
2. For the dressing, mix the onion with the vinegar in a small bowl, then leave for 10 mins. Combine the mustard and oil, season with salt and pepper, then whisk until slightly thickened. Stir into the onions, then set aside.
3. Tip the lettuce into a large bowl. Add the chestnuts to the bowl with the beetroot. Heat a non-stick pan, add the ham, then fry quickly on each side until crisp. Just before serving, thinly slice the apple, then add to the bowl with the croutons. Add the dressing, then toss everything together until glistening. Pile onto 4 or 6 plates and set 2 pieces of ham on top of each.



The 9th Annual Bruxism Awareness Week runs from 22nd to 28th October 2018.

Clenching or grinding of the teeth (bruxism to use the medical term), is thought to affect around 80% of adults.

Unfortunately, most people are unaware of grinding their teeth as it happens whilst sleeping and for many, there is no associated pain or symptoms. It can be noticed by a partner if they are not a heavy sleeper can be similar to the grating sound of nails on a chalkboard. Evidence of bruxism can often be seen by a dentist when examining the mouth.

For those who do have symptoms from bruxism, the most common ones are:

- Headaches and migraines**
- Ear ache**
- A stiff neck or jaw**
- Tinnitus**
- Damage to teeth**

However many people do not associate this with a potential issue in the mouth and would often fail to mention these issues to a dentist. As a result, it is thought that bruxism is one of the most overlooked and underdiagnosed conditions.

Causes of bruxism

Unfortunately, often the cause of bruxism is not clear, which can also have an impact on people not seeking treatment. Some people suffer from bruxism every night and for others, it can be on and off.

Some of the more common know causes are:

- Stress and Anxiety – this is believed to be the single most common cause. People who have stress at work or home and often students who are under pressure with exams are more prone to bruxism**
- Sleep disorders such as snoring and sleep apnoea, as well as those who suffer from regular disturbed sleep**
- Lifestyle – smoking, alcohol and caffeine – possibly because of the effect they have on sleep**

Treatment

If you notice yourself clenching during the day, especially when concentrating, it is very likely you are grinding the teeth at night.

You dentist may suggest an occlusal splint, which is custom made and designed to be worn when sleeping. There are various options available and your dentist will discuss what may be best for you.

There are a number of alternative treatment options such as muscle relaxation, cognitive behavioural therapy and botox.

What to do next

If you feel that you (or your partner) may be a bruxer, book in with your dentist for an assessment and advice on treatment.

During the months of October and November, at Brightside Dental we are offering 20% off all private occlusal splints.

Give us a call on 020 88884401 or email info@brightsidedental.co.uk to arrange an appointment.

Our Most Recent Reviews



Jana Hanchard

1 review

★★★★★ 2 weeks ago

Not a fan of needles, the wand was offered as an alternative for administering the anaesthetic. This was totally pain/discomfort free - Ketan Shah and staff were very attentive and gentle throughout. Would definitely recommend.



PRINI SHAH

3 reviews

★★★★★ a month ago

Ketan is a very good dentist. He is punctual, professional and has good clinical knowledge. I am very satisfied with the service I've had from Brightside over the past few years that I have been a patient with them.

What Our Clients Say About Us...

"Best Care and Were Very Professional"

I was very nervous going to the dentist to have my root Canal. With the experience and care at Brightside they gave me the best care and were very professional.

I would advise anyone going to have root canal treatment done not to worry and trust the dentists. I am now pain free and also can eat on both sides of my mouth which is such a relief.

It also doesn't take long and if anyone has the choice to have root canal or lose the tooth I advice on the root canal.

-Eamonn Goggin

"I'm Delighted with the Outcome"

For a number of years, I put up with an awful smile. My front teeth were crooked and one of them was discolouring and dead.

One of my friends had work done at the surgery and had such good results and decided to go ahead. I'm delighted with the outcome of the treatments and many people have remarked that it takes off me.

I like the way there is a lot of flexibility so I can fit in appointments around my job, there's always a lot of information given and it's very clear what the next steps are. I've been very happy by the way I've been treated by the staff.

-Kathleen Cavin

"I've Seen A Total Transformation in How I Feel About My Teeth"

Have been terrified of the dentists for years due to some bad experiences in my youth.

Had Brightside recommended to me by a family member and I couldn't be happier.

Have seen a total transformation in how I feel about my teeth. Everyone in the practice is brilliant, puts you at ease and tells you exactly what is happening and why. I was skeptical about the 'pain-free' promise but it is absolutely true. I had several fillings and other work done and I didn't feel a thing. I'd recommend Brightside and Dr Shah to anyone, especially if you are scared of going to the dentists. After 5 minutes you'll wonder what you were ever scared of.

-Daniel Ryan

"My Treatment was Pain Free"

Ketan is an excellent dentist for phobics like me! He was very sympathetic towards any worries and fears you may have and every option and every stage of treatment is explained carefully. Also it was pain free!!!

-Sue Furby

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 3468 2080 or For More Patient Stories Visit Us:

www.BrightsideDental.co.uk