

The Brightside of Life

September 2019 Issue



The Importance Of Healthy Lunch and Snacks At School

Your child's school lunches and snacks are major source of the essential vitamins and minerals they need to grow and develop over the years.

The foods you pack for your child will give them energy and nutrients they need to learn and play at school. Without enough energy from food, they may feel tired and find it difficult to concentrate in class. Just like adults, if tasty healthy foods are not available when your child is hungry, the chances that he or she will reach for unhealthy junk food is greater.

Tips For Packing a Healthy Lunch:

- **Get Your Children Involved-** Give your children healthy food options and let them make the final decision on what goes on their lunch
- **Make Your Own Snacks-** Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what's in your childrens' snacks by making them yourself.
- **Incorporate All Food Groups-** A balanced diet includes all of the food groups.
- **Encourage Hydration-** It is recommended that school-aged children drink between 6-8 cups of water a day. If the flavour of "water" is too boring for them, throw in a few pieces of frozen fruit to sweeten it up and avoid fizzy drinks.

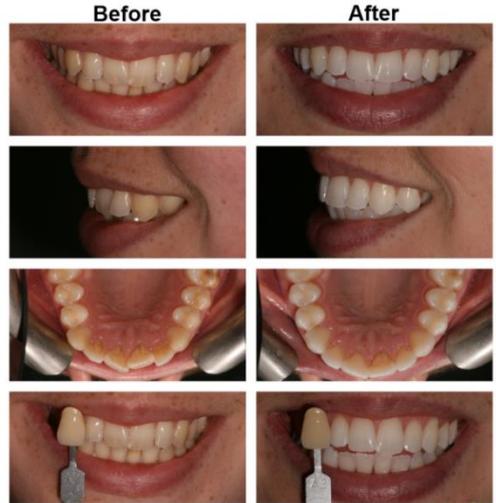
Lastly, do not forget to schedule a dental check-up for your child before they go back to school. Untreated dental problems can affect childrens' overall health and even academic performance.

Smile Of The Month



Rosa came to Brightside Dental on the recommendation of family members who had seen us for treatment. She was unhappy with her smile and in particular the crooked upper teeth and also the colour. It impacted her confidence and meant she avoided smiling in public.

We looked at various treatment options and Rosa opted for cosmetic fixed braces which offer a simple and fast way to straighten teeth, with discreet and comfortable braces. The braces were in place for around 9 months and then the teeth were whitened over a 2 week period using the Enlighten Premium teeth whitening system.



Dr Ketan Shah
Cosmetic teeth straightening and Enlighten Whitening



Rosa was delighted with the end result and her new smile. She discusses her experience here: https://youtu.be/_1OOu5rtGDU

If you would like to find out how we could help improve your smile, give us a call now on 020 88884401.

Treatment For Sensitive Teeth

In our last blog, we discussed some of the most common causes of sensitive teeth. You can see that here:

<https://www.brightside dental.co.uk/blog/treatments/dental-advice/6-reasons-your-teeth-may-be-sensitive/>

Treatment to help with sensitivity depends on the cause of the problem. A simple first line measure is to try using a desensitising toothpaste, of which there are various brands available, the most common ones being Sensodyne and Colgate. For some people, it may be a matter of trying more than one type as they may find that one has no impact and another could significantly help with the sensitivity as they have different ingredients within them. If the problem continues to persist, arrange a dental visit to have your mouth checked in case there are any underlying issues causing the sensitivity.

Brightside Dental's principal dentist Ketan, discusses further treatment options here :

<https://youtu.be/bd60QMkBUiQ>



1) Tooth brushing wear: Over vigorous toothbrushing can lead to wear and recession of the gums. When brushing try and apply gentle pressure to the teeth and gums. If using a manual toothbrush, a medium or soft brush is best. Ideally, change to a battery powered toothbrush which can be kinder on the gums and less likely to lead to wear or damage.

2) Recession due to gum disease: Your daily oral hygiene habits are the single most important way to maintain the health of your gums, along with regular dental and hygiene visits to help you. Unfortunately once the bone has reduced and gums have receded, they won't grow back so some of the other treatments mentioned below can help.

Fluoride gel can be applied by your dentist to help with sensitivity. This can be very effective but is a temporary measure. A desensitising varnish can be placed over any exposed roots to help seal nerve endings that can cause sensitivity. This is a simple treatment that can be very effective. Another option is to place fillings to cover the exposed roots. In some situations, gum surgery can be appropriate to help with sensitivity and also cosmetically.

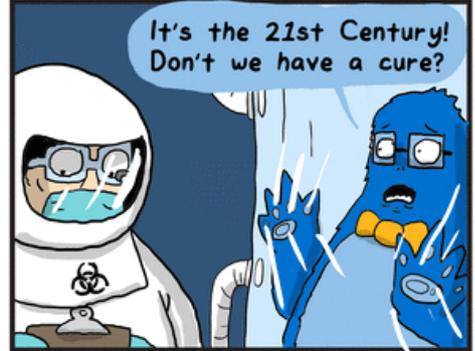
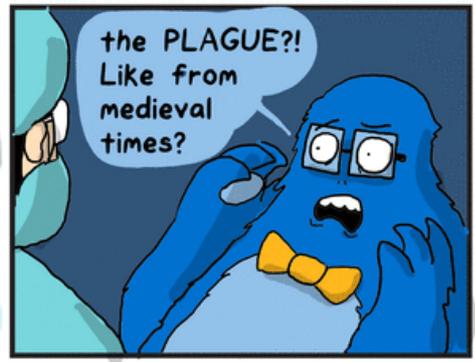
3) Dental Decay : When there is decay within a tooth, it is often not painful or may start by being slightly sensitive. This could be treated with a filling or if very deep root canal treatment may be required.

4) Acid erosion causes wear to the teeth : The first step to helping with this, is to find and reduce the underlying cause, which is often due to diet – acidic food and drinks or health issues and medicines. Ideally the cause of the problem should be first eliminated or reduced, otherwise the problem is likely to continue or get worse. A desensitising toothpaste or high fluoride toothpaste or gel may help and it may be indicated to rebuild the worn areas on the teeth.

5) Dental Treatment : Sensitivity can occur soon after having dental treatment and usually should settle down within up to 2 weeks. You can try the above measures of a desensitising toothpaste.

6) Teeth Whitening: When carried out by a trained dental professional, whitening usually isn't overly sensitive. If you do suffer from sensitivity in your teeth, let your dentist know and they will advise you the best way to manage it. When carried out correctly, the sensitivity due to whitening should pass once the treatment is completed.

If you have any questions or concerns, give us a call on 020 88884401 to find out how we can help.



Thank You For Your Referrals

Hannah Lloyd, Poppy Robinson,
Brian Johnson, Naomi Bloomer,
Roselyn Tweed, and Patrick Whyte

Practice News

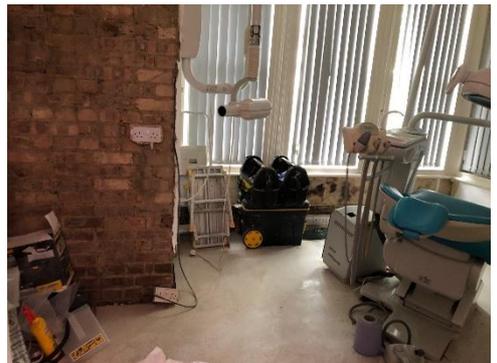


We are supporting Street Kind UK this month. They are a fantastic charity who help homeless people in London. They often require donations of clothing, food and toiletries. For more information visit:

<https://www.facebook.com/streetkinduk/>



At the time of writing, we are undergoing a full refurbishment of our final treatment room to be updated. This will be completed at the end of August and we look forward to our patients having an even more comfortable experience with us.



What Our Clients Say About Us...



Ashley

1 review

★★★★★ a week ago

I had a really bad experience at my previous dentist which put me off dental treatment. A friend recommended Brightside Dental, which has shown me that dental treatment can be pain free (even root canal). I no longer worry about going to the dentist. Great service and a great team. Thanks.



Richard Cohen

1 review

★★★★★ 2 days ago

Conveniently located near Bounds Green Tube Station, Brightside Dental practice is bright and clean, with up-to-date equipment.

In my experience, everybody that works there is friendly and helpful. The practitioners take time to give you the best advice about oral health. Should you need treatment, they will talk you through all the options and give their recommendations - but will respect your decision if, for whatever reason, you opt for something different. They are very focused on making patients feel as comfortable and relaxed as possible, and on making the treatment as painless as possible.

As a private patient (of Dr Ketan Shah) I have always received excellent service and quality treatments, with highly competent specialists brought into the surgery to perform some of the more complicated procedures.



Guilherme Monteiro

Local Guide · 19 reviews · 3 photos

★★★★★ a week ago

Through an X-ray image Dr. Ronit Patel found a cavity under an old amalgam filling and treatment was recommended. Im very happy with the end result. White filling was used and my tooth looks like new now. It was painless and great care received. I also had my teeth cleaned and polished by Hygienist Mihaela Danila, completely painless and amazed with the results. Highly recommend them.



byron bennett

1 review

★★★★★ 2 weeks ago

I have to had only 5 star treatment at Brightside dental practice. Staff have all been courtesy and efficient and always helped me in an emergency situation. I would recommend them to anyone looking for a great dental practice

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 8888 4401 or For More Patient Stories Visit Us:

www.BrightsideDental.co.uk