

The Brightside of Life

February 2020 Issue



Coffee Shop Drinks That Contain The Most Sugar

A recent survey was carried out to look at the ingredients of Christmas special drinks in the UK's top coffee chains. The one that contained the



most sugar was Pret A Manger's mint hot chocolate, with a standard sized cup containing over 50g sugar – this is the equivalent to almost 2 Mars bars or 1.5 cans of Coke or 20 McVitie's digestive biscuits.

To put this into context, the NHS advises that adults should have no more than 30g of free sugars per day and children less than this. One hot chocolate could be almost double the recommended daily amount of sugar.

Brightside's principal dentist Ketan discusses the subject further here: <https://youtu.be/rZdBWb031NM>



This is not just an issue over Christmas as many drinks in coffee shops contain high amounts of sugar. As a treat once in a while, it may not be an issue, but having a regular sweet drink is likely to lead to tooth decay and possibly other health issues.

With it being the New Year and the time many people make resolutions and changes to their lifestyle, maybe this

is a good time to consider the drinks you are buying from coffee shops for yourself or your children. Better still, if you are having hot chocolate or similar drinks, why not make them at home so you can have better control over the ingredients and save money too.

- Here are the other drinks that made the top 5 of the survey:
- 2. Costa Coffee hazelnut praline hot chocolate (38.6g)
- 3. Starbuck's toasted marshmallow hot chocolate (36.7g)
- 4. Starbuck's eggnog latte (33.8g)
- 5. Costa Coffee hazelnut praline latte (32.6g)

Thank You For Your Referrals

*Nadia Khassal, Sarah King,
Brian Eddlestone, Karrim Mansoor,
Susanne Simon, and Neil Travers*



Smile Of The Month



Before



After



Dr Ketan Shah

**brightside
dental**
DR KETAN SHAH

Sarah has been a regular patient at Brightside Dental for many years and had wanted to improve her smile for many years. She deliberated over having orthodontic treatment for more than 2 years before making the decision to go ahead with treatment.



Sarah discusses why she delayed treatment and how the process was for her here:

<https://youtu.be/3ORFWBeOORU>

Sarah had cosmetic fixed braces carried out by Dr Ketan Shah and treatment was completed in around 9 months. Some common points were relevant to Sarah and raised by her and these apply to many of our patients who are considering cosmetic dental treatment:

- Always having been conscious of her smile. Would cover her mouth and not like having photos taken
- Had been wanting to have treatment and researched options available
- Cost was a factor and was helped by having a payment plan to spread the total fee
- Was scared about treatment being painful but it was “plain sailing”
- Fitting appointments around her schedule – flexible appointment times helped and swift management of any emergencies or problems
- Unsure how the outcome will be – for Sarah she feels her smile is now perfect
- Because of various uncertainties often treatment is delayed and the most common thing we hear once treatment is completed is that “I wish I had gone ahead sooner”

If you would like to know more about options of how we could help improve your smile email us or give us a call on 020 88884401.

Quotes, Jokes, and Tips

Six Tips For Healthy Teeth



RINSE BETWEEN MEALS



USE A STRAW



AVOID STICKY FOODS



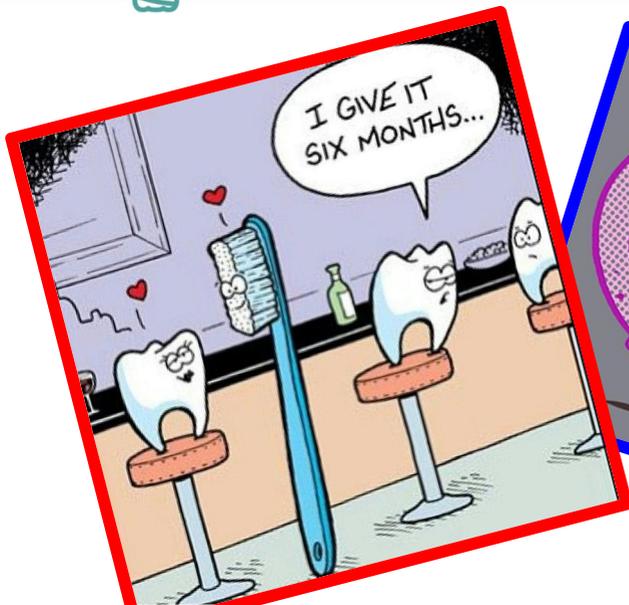
AVOID ACIDIC FOODS



CHEW SUGAR-FREE GUM



DRINK MORE WATER



Deal With Your Sweet Tooth This Valentines Day



When you have a sweet tooth, it means you have great liking for sweets. A study found that some people simply taste sweets differently. Researchers found that some people didn't perceive foods to be as sweet as others did. Those people, who have what researchers called a "weak sweet taste" could tolerate higher levels of sugary foods, something that could account for your sweet tooth.

On Valentine's Day, showing our love and appreciation for someone often is communicated with a heart-shaped box of scrumptious chocolates.

While most of us are aware that consuming large amounts of chocolate during this holiday can contribute to a larger waistline, we may not think about how sweets impact our oral health.

Impact of Sweets on Your Teeth

Each time bacteria come into contact with sugar in your mouth, acid is produced, which attacks your teeth for at least 20 minutes. And the bacteria that cause cavities thrive in sweets, chocolates, and fizzy drinks. Cavities are caused by tooth decay that destroys the tooth structures and can affect both the enamel and inner layer of the tooth.

Sweets That are Tough on Your Teeth

Some foods and sweets create more problems for your teeth than others, including those that are sticky, dissolve slowly or are sucked, such as lollipops, hard sweets, toffee, gum drops, caramel corn, peanut brittle, dried fruit, chocolate-covered raisins and high-energy sports bars.

Keep Your Teeth Healthy

To maintain good oral health, brush your teeth at least twice a day, use floss daily or interdental brushes, eat nutritious foods, limit snacks, including sweets, biscuits and crisps, and visit your dentist regularly for cleanings and exams.

What Our Clients Say About Us...



“My severe dental phobia has ended, thanks to Ketan Shah at Brightside. I’ve had my phobia for 30 years, due to a terrible experience with an extraction where the pain was excruciating.

After a Google search, I came across Brightside and due to the positive reviews about pain free dentistry I plucked up the courage to book a consultation. From the outset I was impressed by the service received, Ketan put me at ease, was patient, explained everything in detail that I agreed to an extraction.

Today I had the extraction and I was very anxious on arrival. I honestly did not experience any pain, 100% pain free, as I had the Wand. I was so impressed, that I am looking forward to my next few visits.

I sincerely recommend everyone who has a dental phobia to book a consultation.”

~Brenda Howard

“Had an implant fitted here and feels great. I have always been impressed with the professionalism of all the staff at this practice.”

~Christopher Chessum

Brightside Dental

For Information on Calm & Gentle Dentistry

Call us now: 020 88884401 or For More Patient Stories, Visit Us:

www.BrightsideDental.co.uk