



The Brightside of Life

February 2019 Issue

National Toothache Day

February 9th is National Toothache Day!



A bit of a weird one. Celebrated every year on the same date, but who on earth would want to celebrate a toothache, I hear you ask?! Well maybe instead, it could be good reminder to book that overdue dentists appointment after all those Christmas sweets!

Common Causes of Toothache

A toothache is no fun at all and can even be scary when you don't know what is causing it. A toothache is described as any pain, soreness, or ache in or around a tooth. The tooth may be sensitive to temperature, painful when chewing or biting, sensitive to sweets, or it may even have a sharp pain or dull ache.

- **Tooth Decay** - Tooth decay refers to erosion and cavity formation in the outer surface (enamel) of the tooth. When plaque sticks to the tooth enamel, it feeds on the sugars and starches from food particles in your mouth. This produces an acid that eats away at the enamel, causing weak areas and holes.
- **Inflammation of the Tooth Pulp** - Also called pulpitis, this condition means that the tissue in the center of the tooth (nerve/tooth pulp) has become inflamed and irritated. This inflammation causes pressure to build inside the tooth and puts pressure on the surrounding tissue.
- **Abscess** - A dental abscess is caused by the buildup of bacteria inside the pulp chamber that becomes infected. This infection then tries to drain itself out of the very tip of the tooth root.

- **Cracked Tooth** - Your teeth can be weakened over time due to pressure from biting and chewing. The force from biting down on a hard object like ice or a popcorn kernel can sometimes cause a tooth to crack.
- **Impacted Tooth** - Teeth can become impacted when they are prevented from moving into their proper position in the mouth by other teeth, gums, or bone.
- **Gum Disease** - Also known as gingivitis and periodontitis, gum disease is characterized as an infection of the gums that surround the teeth. This infection eventually causes bone loss and deterioration of the gums. Gums become detached from the teeth, forming pockets that fill with more bacteria.
- **Sensitive Teeth** - Sometimes you may notice that your teeth or a specific tooth are sensitive to cold air, liquids, and foods. There are people who simply have what is known as "sensitive teeth." This means your teeth may have developed a sensitivity linked to cold temperatures.



Thank You For Your Referrals

*David Ellingham, Claire Betts,
Susanna Bennett, Besnik Dushku,
Nigel Denny, and Ann Tailor*

Which Teeth Whitening Option Should You Choose?

Teeth whitening can be one of the simplest, safest and most cost effective ways to improve your appearance without the need for surgery – IF DONE PROPERLY!

There is growing consumer demand for having a whiter, brighter smile, which has led to many companies promoting simple and cheap teeth whitening that you can buy on the internet.



At best these non-dental teeth whitening products could remove superficial staining from your teeth, due to ingredients such as sodium bicarbonate, which is historically known to be in smokers toothpastes. At worst, these products could cause permanent damage of the teeth, by wearing away the enamel from products such as acids within the ingredients.

See a previous Brightside Dental blog which gives further advice about teeth whitening: <http://www.brightsidedental.co.uk/blog/treatments/have-a-sparkling-smile-for-the-summer/>

Please don't whiten your teeth before speaking to a dental professional. If you would like further help or advice, give us a call on 020 88884401.

Charity Of The Quarter

Each quarter at Brightside Dental we decide on a charitable cause to fundraise and support.

This quarter we are supporting British Heart Foundation. Their vision is a world without heart & circulatory diseases and message is to “beat heartbreak forever”. They raise money to research cures & treatments for all heart related conditions. 7 million people in the UK live with heart & circulatory diseases and these diseases are responsible for more than a quarter of all deaths. Many children are affected by heart disease, not just adults.



In previous years they have raised over £158 million of which £120 million was spent on life saving research & support for patients. Between now and 2020 they will fund more than half a billion pounds of cardiovascular research to help save lives.

If you would like further information, please take a moment to look at their website: www.bhf.org.uk

We hope our contribution will help make a difference to others. If you have a charity you feel strongly about, please let us know and we will see what we can do about supporting them in the coming months.

Charity Update:

We have raised £469 for Prostate Cancer UK. Thanks to all those who supported the charity and to our team members for getting involved with baking and cycling to raise funds.





TEETH FOR LIFE



TEETH FOR LIFE – The Best Vitamins & Minerals For Your Teeth

Your mouth is one of the most important parts of your body, and yet it is often overlooked. Just like every other part it requires specific nutrients and vitamins.

Vitamin A – Though it's often just associated with carrots and good eyesight, vitamin A is essential for keeping your mouth's saliva supply flowing.

B Vitamins – Specifically niacin and riboflavin. You can find these in poultry, fish, red meats, dairy products, spinach, almonds, and legumes.



Vitamin C – essential for keeping the connective tissue of your gums strong. Without enough of it, the tissues holding teeth securely in place weaken, teeth can become loose, gums can bleed, and gum disease could become a danger.

Calcium – Calcium is one mineral that is already well-known for keeping teeth healthy. Your teeth and supporting jaw bones are largely made up of calcium. It's also needed for normal development and to keep them strong.

Vitamin D – Is very important for your oral health as it is what allows us to absorb calcium. Without it, your entire mouth would suffer from calcium deficiency, leading to underdeveloped teeth, gum disease, and tooth decay.

A few others to mention that are great for your teeth and oral health are:

Vitamin E, Iron Potassium, Fluoride, Iodine & Zinc.

Don't forget that while eating a balanced diet is important in maintaining your oral health, regular dental check-ups are essential in ensuring that your mouth is as healthy as it can be.

What's On The Menu:

Swede Gnocchi with Crispy Sage

Using much overlooked swede, you can create a budget-friendly, restaurant worthy gnocchi main course. Top with butter-fried herbs for a simple veggie dish.



Ingredients:

- 400g floury potatoes, such as King Edwards
- 600g swede, peeled
- 4 tbsp olive oil
- 1 tsp chili flakes
- 100g '00' flour, plus extra for dusting
- 30g parmesan (or vegetarian alternative), grated, plus extra to serve
- 100g butter
- Small pack sage leave picked

Method:

1. Heat oven to 220C/200C fan/gas 7. Cut the potato and swede into equal-sized chunks, drizzle with 2 tbsp of the oil, season and roast for 50mins or until completely soft. Leave to cool slightly, then pulse in a food processor until broken down. Add the chili flakes, flour, Parmesan and some seasoning, then pulse again to form a sticky dough.
2. Bring a large pan of salted water to the boil in which to cook your gnocchi later. Flour your hands and divide the dough in three. On a floured surface, roll each portion into a sausage about 1cm in diameter. Using the back of a table knife, cut into pieces .5cm in length – this gives a tapered edge to the pieces of gnocchi.
3. Working on batches, cook the gnocchi in the water for 0 secs or until they rise to the surface. Remove with slotted spoon and drain on a tray lined with kitchen paper.
4. Turn the oven to its lowest setting and heat the remaining oil in a large frying pan over a medium heat. Fry the gnocchi in batches for 2 mins on each side until browned, then keep warm in the oven.
5. Melt the butter in the pan, add the sage leave and fry until crisp. Divide the gnocchi between bowls then spoon over the crisped sage and buttery sauce. Serve with pepper and grated parmesan.

What Our Clients Say About Us...



Andrea Fadipe

1 review

★★★★★ a day ago

Friendly doctors and receptionist. Never been kept waiting long either.



Sophia Butt

1 review

★★★★★ 3 days ago

Excellent service. Dr Shah is highly skilled and attentive. He approached my treatment with a lot of care and thoughtfulness. He listened to my concerns and devised a plan that suited my lifestyle and needs.

Thank you, to the entire team at Brightside for being friendly and professional. I doubt I'll be going anywhere else for my dental needs.

Truly deserving of a 5 star rating.



Sima Patel

2 reviews

★★★★★ a day ago

My husband had his dental procedure here and was so pleased with the treatment provided by Dr Ketan Shah and his team. Dr Ketan Shah advised that he was using the wand to numb the tooth before the procedure and advised that it was painless. Post treatment husband was very happy the usual numbness feeling was not apparent. He highly recommends this dental clinic and the honest service they provide.



William Gilmour

1 review

★★★★★ a week ago -

Very professional and helpful. Always get a warm welcome and I am incredibly pleased with the results of my treatment.

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