

## ClearStep™ – the ‘invisible’ brace

Apart from the way they look, crooked or overcrowded teeth can be hard to keep clean and maintain, and can contribute to increased dental decay, gum disease and tooth loss.

Straightened, well-aligned teeth look far better and enhance your smile significantly. They can make you feel far more confident, and are easier to keep clean.

Many people, particularly adults, would like their teeth to be straighter, but many are put off by having to wear braces, feeling they could be unsightly or uncomfortable. Our new dentist Neal Shah is fully trained to offer Clearstep™ – a great new way of straightening teeth without having to wear metal braces for months.

ClearStep™ is a series of clear positioning trays/aligners that work in a similar way to traditional metal or ‘train-track’ braces. They are virtually invisible when you are wearing them, and because they are removable you can easily take them out to clean and floss your teeth without struggling to reach beyond a series of wires.

You wear each set of aligners for about two weeks, removing them only to eat and clean your teeth. Little by little, the aligners will move the position of your teeth until they are in their final, beautifully straight position.

If you would like to find out more please call or ask next time you visit.



### Reception

Many patients will have now met our receptionist Becky who has been here for a little while now and is already a strong part of the team.

**Becky** has been involved in dental nursing and practice management for five years and is only too happy to organise your next visit or answer any dental questions on the variety of treatments and services we now offer.



## Enhancing your smile

Many of our patients have been pleasantly surprised at just how affordable it can be to have their smile enhanced.

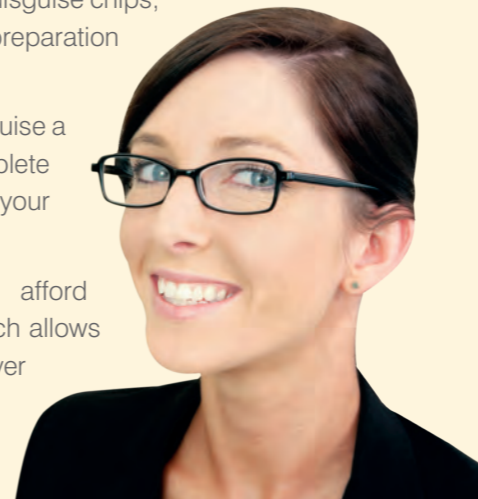
Our most popular procedure is **tooth whitening**. We use the Zoom2® professional in practice whitening system which can have a big impact on your smile and can also take years off the way you look.

**Bonding** is another popular treatment - used to disguise chips, cracks and gaps in teeth. It requires very little preparation and is competitively priced.

We also offer **porcelain veneers**, which can disguise a number of imperfections, and can provide complete smile makeovers to give you the smile of your dreams.

And to make it even easier for you to afford a great smile, we offer **interest-free credit**, which allows you to spread the cost of larger treatments over several months.

**For more information, or to arrange an initial appointment, call now on 02089 941525.**



## A pleasurable dental experience

We continue to invest in the latest dental technology to ensure patients have a pleasant and pain-free visit. For example, the WAND is a revolutionary computer controlled injection system that helps conquer fear, pain and anxiety. The WAND works by providing a more effective anesthetic delivery, helping ensure the onset of anesthesia is faster than with traditional needle injections. It also reduces the numbness to face and lips which is often associated with a visit to the dentist.



Edited in association with the British Dental Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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### Opening hours

Monday	9.00am - 5.30pm
Tuesday	8.30am - 7.00pm
Wednesday	8.30am - 7.00pm
Thursday	9.00am - 5.30pm
Friday	9.00am - 2.00pm



# ‘word of mouth’

## Introducing Neal Shah



We have been delighted to welcome a new dentist to our team. Neal qualified from Bristol University and has achieved a post graduate diploma as well as a certificate in Advanced Cosmetic and Aesthetic Dentistry.

Over the last nine years Neal has gained lots of valuable experience working in practices in West London and Battersea.

Neal he particularly enjoys cosmetic and surgical dentistry and is trained to offer Clearstep invisible braces. Please see the article inside for more information about this.

Neal is also trained in the latest facial cosmetic techniques using both Botox® and Restylane®.

When not at work, Neal enjoys football, tennis and swimming. He lives with his partner and baby daughter in Harrow on the Hill.

ralph palmer gilhooly & associates

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## Hot news!

Medical researchers have created a new chilli-based anaesthetic which appears to prevent pain without causing numbness.



The development could have a big impact on dentistry in the future, with patients potentially able to have an anaesthetic that would allow them to have painfree dentistry without the lingering numbness that we associate with dental injections.

The anaesthetic was created by scientists from capsaicin – the naturally-occurring substance in chillis that makes them hot to the taste – and a derivative of the anaesthetic drug lignocaine.

So far it has only been tested on rats, and trials on humans are unlikely to take place before 2010.

## Crowning glory

Dental crowns can make a huge difference to the way your smile looks and your self-confidence, as well as helping you to chew without difficulties.

Today's crowns are extremely natural in looks and feel. They are a far cry from the older ones which often looked and felt unrealistic.

In fact, modern crowns are such an improvement over the older ones that we are seeing an increasing number of patients asking to have their crowns replaced as part of a smile enhancement.

Crowns are used to cover the top, visible part of teeth which may have broken, or have been weakened by decay or large fillings. They restore the tooth to its

normal shape and size, strengthening it and improving the way it looks.

They are often recommended after root canal treatment to help strengthen the tooth and protect the root filling, or to provide a secure foundation for bridgework.

Crowns can be made of a variety of materials, but most modern ones are made of porcelain or ceramic.

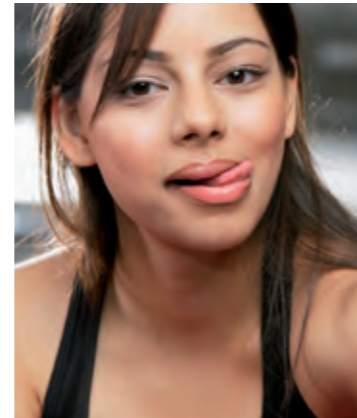
Crowns require a great degree of skill and craftsmanship to make them fit perfectly and be a natural match to your other teeth, and their cost reflects this. However, they are an excellent investment, and with proper care will continue to benefit you for many years to come.

The tongue – not something most of us give much thought to, yet it carries out many important functions day in, day out, helping us to talk, eat, taste and even fight germs.

## The talented tongue

The tongue is made up of lots of muscles, which run in different directions to enable it to carry out its many functions. The front part is very flexible, and helps you to speak properly as well as moving food around your mouth so you can chew it. The back of the tongue also helps with eating by pushing the food backwards into your oesophagus.

It is covered with tiny hair-like stubs of tissue called papillae, which are part of the taste bud mechanism. This is vital to our health, as the taste buds warn us when we are eating or drinking something which tastes bitter or just 'wrong' – often these substances are those which are harmful to us.



It even helps to keep you healthy – the back section of the tongue contains the lingual tonsil, which contains cells that help filter out harmful germs.

Generally speaking, the tongue does a pretty good job of keeping itself healthy, but you can help it

by following a good oral healthcare routine, including cleaning your tongue either by brushing it or by using a tongue scraper.

## Tongue twister

According to the Guinness Book of Records, the world's hardest tongue twister is 'The sixth sick sheik's sixth sheep's sick' – see if you can master it!



## 'Dental tourism' a massive risk!

warns British Dental Health Foundation

Travelling abroad for dental treatment has been labelled a 'massive risk' by dental charity the British Dental Health Foundation.

Dental tourism, in which people go abroad to take advantage of cheaper prices, is becoming big business.

But the Foundation is seeing increased numbers of calls to its helpline from patients who have returned home from "dental holidays" in severe pain and needing further and costly treatment to correct poor quality dental work.

Chief executive Dr Nigel Carter said: "So-called 'dental holidays' are presented as a cheap and hassle-free alternative to getting treatment in this country, but we know from calls to our Dental Helpline that if things go wrong then nothing could be further from the truth.

"It is totally unrealistic to expect that complicated



procedures that can take months to complete in this country can be carried out to the same high standard while on a 10-day holiday – but unfortunately that is the myth being sold to people."

He urged people to consider what they would do if something did go wrong. 'For example are you willing to fly back? What are your legal rights as a foreign patient? Are you prepared to go through the courts? Do you have the money required to pay another dentist to correct the treatment?'

Anyone considering having expensive dental treatment should ask us about it first – if we cannot help you ourselves we can refer you to someone who can.

## Top tips

Clean between your teeth once a day to help prevent tooth decay, bad breath and gum disease. Various products are available for this including floss and tiny inter-dental brushes – we can advise you which is best suited to your teeth.