

How well do you look after your toothbrush?

Spring 2015



IF YOUR toothbrush has seen better days and you haven't a clue how long it's been since you had a new one, please read on!

As dentists, we spend the lion's share of our time focusing on spreading the oral health message and ensuring that our patients know how important it is to brush twice a day with a fluoride toothpaste.

But what happens when the toothbrush being used is no longer fit for purpose? It is vital to change your toothbrush every three to four months or as soon as the bristles have become splayed out or stained. This is because toothbrushes become contaminated with germs - even bacteria from your toilet can reach your toothbrush.

Never share

Plenty of people in the UK admit to sharing a toothbrush but this should be avoided at all costs. Sharing toothbrushes can spread infections and increases the risk of contracting oral and general health problems. More on this overleaf...

Brighten your smile with tooth whitening

Special offer - tooth whitening from £150. Gift tokens available.

Storage

- Store brushes upright to help drain the water & help them dry quicker
- Avoid closed or covered containers because moist environments are a breeding ground for bacteria
- Keep away from sinks or toilets to reduce the risk of airborne bacteria landing
- Store your brush away from others

Cleaning tips

- Wash with running water after every use & allow to air dry
- Hold brush under hot running water once every few weeks, rubbing the bristles

- Soaking brushes in antibacterial mouth rinse can help decrease bacteria levels

If you have any questions, please ask and we will do everything we can to help. For more interesting facts, visit www.nationalsmilemonth.org/facts-figures

Preventive dental health for all

Two of our oral health educators, Leasa Robinson and Carrie Chapman recently visited Montessori School in Bolton Abbey to teach the 3 - 6-year-old children there how to clean their teeth effectively.

The children dressed up like dentists, with masks and gloves, and cleaned tooth models with electric toothbrushes. They identified good and bad snacks for their teeth and read books about visiting the dentist.

A great day was had by all.



Pictured left is our Preventative Dental Unit. We offer a free service, run by our oral health educators, Carrie, Leasa and Emma Lane, giving oral hygiene instruction to all patients referred to them by the dentists.

Spotlight on - sharing a toothbrush

A SHOCKING number of Brits have admitted to sharing a toothbrush. Almost one in ten (9.7 per cent) said they had shared a toothbrush, and even more said they would consider doing it if they needed to (11 per cent).

The research, conducted as part of National Smile Month, also discovered other oral health practices leave a lot to be desired. One in five people said they had used their finger to brush their teeth, one in ten said they had used something other than toothpaste to clean their teeth with and almost two in five said they had rinsed their mouth out with water instead of brushing their teeth.

Perhaps more surprisingly, one in seven still use household items such as business cards, credit cards and earrings to clean in-between their teeth.

Dr Nigel Carter OBE, chief executive of the British Dental Health Foundation, explained why people should avoid cutting corners with their oral hygiene routine, particularly when it comes to sharing a toothbrush.



“Just because you kiss a partner or occasionally share a fork or spoon during mealtimes does not justify using their toothbrush too.

“This is because brushing sometimes causes the gums to bleed, which exposes everyone you share your toothbrush with to blood stream diseases. Therefore, by sharing a toothbrush, couples are actually

sharing blood, which is a lot more risky than just sharing saliva.

“There are many hundreds of different bacteria and viruses in our mouths and people sharing a toothbrush could be passing these on to others. While this might be something relatively harmless, such as a common cold or cold sore, if the person you are sharing with is infected with hepatitis B or HIV these could also be passed on via the toothbrush with life threatening consequences.”

Instead of sharing a toothbrush, Dr Carter offered some advice on how to maintain your toothbrush to get the very best out of it.

“Perhaps it is considered an unnecessary expense but changing your toothbrush, or the head of an electric toothbrush, is actually very cheap. To spend £8 a year for four toothbrushes is nothing compared to losing a day off work and spending large amounts of money on preventable dental work, unnecessary prescriptions or over the counter medicines due to poor oral health.”

Did you know?

Well done Abey

Exam success for Abey Harvey after passing her NVQ level 3 in Dental Nursing in January. Everyone is very proud of her.

Best of luck

Eilish Ronan will take her NVQ level 3 exam in Dental Nursing in May. Emma Lane is taking Biology at AS and A level in May, so she can go on to study Hygiene Therapy at Leeds University. We wish them both all the best.

Welcome aboard

We would like to introduce dentist Dr Amy Langfield and trainee dental nurse Emily Whitaker. Amy is looking forward to meeting all her patients soon.

Emily joined in October and has settled in very well. She is now studying for her NVQ Level 3 in Dental Nursing.

Time to smile!

Every May we take part in National Smile Month promoting better oral health. Look out for our competitions, posters, balloons, leaflets and games and join the fun!

Join our challenge to encourage visits

We only have one set of adult teeth and we would be lost without them! Regular visits help keep our teeth healthy for life. Please join us by encouraging your family, friends and colleagues to visit their dentist at least once in 2015.

Takeaways ‘more important’ than dentist

MILLIONS of Brits are prioritising their social life ahead of their oral health, potentially endangering their health in the process.

A new survey reveals almost one in five (18 per cent) would cancel their dental appointment to go to the pub, order a takeaway, buy clothes, go to the cinema or go bowling.

More than 2,000 people were questioned as part of National Smile Month, which runs from 19 May to 19 June.

Dr Nigel Carter OBE urges people to discover

why placing social life ahead of regular visits to the dentist isn't a smart move.

“A shopping trip might be more fun, but the financial savings of prevention – to your mouth and to your wallet – are much higher than if you put off oral health treatment until it's too late. Visits to the dentist can identify problems in the early stages, before they develop into something more severe. If you forego dental examinations due to cost, there's every chance when something goes wrong you'll have to pay a much larger amount upfront,” he said.

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Opening hours

Monday	8.00am - 5.30pm
Tuesday	8.00am - 5.30pm
Wednesday	8.15am - 5.30pm
Thursday	8.00am - 7.00pm
Friday	8.00am - 4.00pm

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