



NEWS LETTER

NORTH STREET DENTAL CARE

36 North Street, Hailsham, 01323 840333

Are you happy with your smile?

How often have you looked at a magazine cover and envied the teeth of the model pictured there?

There are a number of smile enhancement techniques available at North Street Dental Care. All will improve your smile and many treatments will be as permanent as other forms of treatment.

Stained and discoloured teeth, to close spaces between teeth, to smooth out the smile line, chipped edges, teeth out of alignment and to recontour teeth, please ask your dentist.

Cosmetic dentistry is now much more available and the benefit of the confidence you gain from a smile with a perfect set of teeth is almost priceless.

Why close a gap, what is a bridge?

A bridge is a false tooth, made of porcelain or porcelain and metal, which are used to fill the gap left by a missing tooth. Although bridges are often attached or fused to crowns that fit over the teeth on either side of the gap, there are other types requiring different technique that can be fitted in areas where there is less stress placed upon them, such as the front of the mouth.

Those people who have a missing tooth will know how much their appearance, and smile, can be affected by having a gap in their teeth. Quite apart from any impact on your appearance, a missing tooth that is not replaced can also allow other teeth to drift gradually into this space, or can allow the opposing teeth to grow up or down into this gap. This movement of your teeth can lead to further problems, e.g. there may be greater difficulty in adequately cleaning those teeth that have altered position, leading to potential gum disease and tooth decay, and further treatment being required. Another potential problem is that when your teeth change position you may find this can affect the way that you would normally bring your teeth together, and this can lead to problems with the joint connecting your upper and lower jaws, headaches and other difficulties.

BEFORE



AFTER



Why white fillings?

Many people have fillings in their mouths, these often tend to be silver or metal fillings, known as amalgam fillings (mercury containing fillings), especially towards the rear of the mouth. Nowadays it is possible to have white or tooth colored fillings placed instead, and these are known as ceramic fillings. A ceramic filling is more natural looking than an amalgam filling, and many people would prefer to have them in order that they are not displaying metal fillings when they laugh or smile. Most European countries have stopped using amalgam as a filling material because of concerns about the safety of the mercury and its side effects such as allergy and tiredness.

Practice policy...

Please try and give us at least 24 hours notice if you are unable to attend, so that others in pain may be offered your appointment. We regret that a fee may be charged if booked surgery time is wasted through lack of notice.

The future is bright....

We are still accepting new NHS patient into our lists but you have to remember that your registration will lapse if you don't have regular check ups. The department of health and your dentist recommends that you have six monthly examinations so we can detect problems early. If you haven't had a check up for over a year you have probably been deregistered from our list, but in order to reregister, you will need to contact us at 01323 840333 and we will book you for a dental examination. Private and recommended patients are welcome.

Who is working at this practice?

There are three full time dentist, one full time manager, one receptionist and five experienced dental nurses.

Dr M. Pourani is the principal dentist with eight years of experience and is specializing in dental phobia and prosthodontics (cosmetic dentistry).

Dr. P. Hanna has worked in Germany, Sweden and is specializing in surgery and implants.

The experienced and ambitious Dr. Stratis has joined North Street Dental Care and practices general dentistry.

Lynda Hitchen is our practice manager with over 20 years of experience and she is the key person in this big family.

North Street Dental Care and its staff are sponsoring four poor families in Africa and Asia and would welcome anyone who would be interested in sponsoring children through plan UK international.

(See Hailsham Gazette 11th of December 2002 page 4 for further information)

I want to have white bright smile!

Tooth whitening, sometimes referred to as "bleaching", is a treatment provided by your dentist that can lighten the color of your natural teeth. For many patients this treatment can make their overall dental appearance far more attractive, giving a brighter smile.

Some teeth are naturally too pigmented, or stained, as they develop. Intrinsic staining and discoloration may be due to factors such as tetracycline, high fluoride intake or even injury. Exposure to coffee, tea, juices, red wine or tobacco accounts for much of the darkening as we age.



Do I have gum disease, what can I do?

The most common gum diseases are believed to be due to a small number of the 1000 or so different types of bacteria, which are present in the mouth. These bacteria are found in dental plaque, which grows on the teeth adjacent to and frequently below the gums. They cause inflammation in gums (gingivitis) and destruction of the bone and fibers, which hold teeth in, place (periodontitis). Gingivitis leads to red, swollen gums, which bleed easily. For most patients, especially in the early stages, this disease can be treated easily. Left untreated Periodontitis can lead to severe loss of the bony support for the teeth and frequently progresses unnoticed until the teeth become loose or abscesses develop. In such cases, there are usually deep "pockets" in the gum around affected teeth, which are also frequently coated in tartar. In other patients, the gum covering the teeth shrinks exposing large spaces, which can adversely affect the patient's smile. Unfortunately, some people are much more prone to periodontitis than others.

If you have periodontitis your dentist can advise on the treatment available such as local antibiotic treatment, along with any necessary maintenance advise to maintain a healthy periodontal state.



Cosmetic dentistry, anything for me?

There is no doubt that nowadays more and more people are turning to their dentist for assistance in improving their appearance. Dentistry is no longer perceived as a service to simply fill or extract teeth, but is recognized as providing us with the ability to improve our smiles through the provision of cosmetic dentistry such as cosmetic fillings, veneers, crowns and implants.

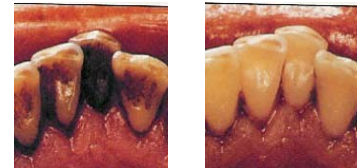
Are you happy with the appearance of your smile? Do you often feel that you would like to be able to change some aspect of your smile? If the answer to either of these questions is in the affirmative then cosmetic dentistry could be the answer for you.

To find out more about the individual cosmetic options available, arrange an appointment with your dentist who will be happy to discuss your individual treatment needs.

Before and after treating the teeth with cosmetic veneers



Heavy stains from smoking Before and After treatment



What is a crown and when do I need it?

A crown or "cap" is a tooth shaped cover that is made to fit over your teeth. Crowns are usually the preferred option when a patient has badly chipped or fractured teeth, or perhaps when there is a tooth that has been heavily filled but is breaking down.

Sometimes a patient may have a tooth that has never properly formed or is very badly discolored, and a crown may be the best option to restore the tooth to a natural looking appearance. Tooth colored porcelain, sometimes attached to a metal inner shell for greater strength, is generally the most common type of crown used, however there are also gold or other non-precious metal crowns that can be provided, and your dentist will advise on the best possible material for your own particular circumstances