



*The older we become, the more
confident we should become.*



Feel good DENTISTRY



“When you look good, you feel great.
Having fresh breath and a healthy mouth
will make you feel confident.”

ASH PARMAR

The sun sets across a beautiful sky.

A reminder of an exotic holiday location: the sound of waves gently lapping a beach comes flooding back. You remember taking a sip of a favourite chilled cocktail as your partner smiled at you, everything felt good, peaceful and tranquil.

You looked down the menu deciding what to order as the sun was slowly fading. But then, as you studied each appetising dish, you remember vividly how your heart sank just as the sun was sinking over the horizon. Your few loose upper remaining teeth were just about holding in your plastic denture. You realised at that moment how great your smile looked thirty years ago and how back then you could really enjoy your food. As your eyes started welling-up a little at the thought, you had to settle for soup, and soft, white bread. The value of a beautiful, white smile, had dawned on you.

Something to get your teeth into.

Read on, to discover the benefits of keeping your teeth strong and gums healthy in later life. Not to be deprived of your full wellbeing - to eat and smile with confidence.

Feel good dentistry as we call it.



“Ash, make sure you tell your patients to look after their teeth; as we get older, one of the pleasures of life is enjoying good food, and you need your teeth.”

This conversation with my mother inspired me to create this brochure, designed to guide people in lay terms about common dental problems, and how to avoid them.

Ash Parmar

ASHISH B PARMAR

Common Dental Problems

DECAY

Frequent and high intake of sugar and poor oral hygiene allows more plaque and harmful bacteria to build up, resulting in cavities and holes in teeth.



GUM DISEASE

Gum disease is caused by poor cleaning. The plaque bacteria and tartar near the gums lead to loosening of teeth and bad breath.



EROSION

Damage to the outer layer of teeth surfaces by acid. The main causes of erosion are consumption of fizzy drinks, juices and citric fruits.



BAD BREATH

A social problem for many people. The main causes include poor oral hygiene, rough fillings, not cleaning the tongue and dietary causes.



TOOTHACHE

A dental abscess can be very painful. It occurs when a cavity in a tooth becomes large, or if gum disease has progressed a lot.



10 Tips For Dental Health

Brush your teeth twice daily

1

Effective and precise brushing of your teeth and gums twice a day is essential to removal harmful plaque. This will avoid gum disease, bad breath and decay.



Clean between teeth daily

2

Plaque also builds up between teeth. By using dental floss or small brushes (different sizes available) will ensure ideal, healthy gums.



Use Ultradex mouthwash

3

The No.1 mouthwash for fresh breath and healthy gums. Visit www.ultradex.co.uk to find out more.



Scrape your tongue twice daily

4

Harmful plaque, mucous and debris build up daily on the surface of the tongue. It is important to scrape the tongue every day for fresh breath.



See a Hygienist regularly

5

Professional regular maintenance visits with a Hygienist are needed to remove harmful plaque and tartar build up beneath gum lines.



10 Tips For Dental Health

Avoid fizzy drinks, juices and citric fruits

6

Acids in many beverages and fruits can cause extensive damage to teeth over a period of time. Treatment is then complex and expensive.



Reduce sugar intake

7

As sugar is the main cause of decay, it makes sense to avoid frequent intake of sweets, biscuits, chocolates, etc.



Use a fluoride mouthwash

8

If a person had many fillings/crowns, then a fluoride mouthwash will help strengthen and protect teeth.



Sugar free chewing gum and cheese

9

After a sweet meal, having sugar free chewing gum or cheese will help neutralise acid and help prevent decay.



Annual dental examination

10

A dentist should examine your mouth once a year to ensure everything is healthy, as well as carry out an oral cancer screen.





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