



Word of Mouth

Summer 2024



Prevention is the best strategy

New research collected as part of National Smile Month (May 13 to June 13) shows a whopping 76% of us have experienced dental problems in the past year. Here we highlight the five most common oral health conditions affecting adults in the UK.

Sensitive teeth

Suffering with sensitive teeth affects 35% of adults and occurs when we eat or drink something hot, cold or sweet. Try...

- * Brushing with the correct pressure
- * Using a toothpaste for sensitivity
- * Having a diet low in acidic food & drinks

Bleeding gums

This condition, often spotted when brushing or flossing, affected 34% of adults in the past year. Bleeding gums are a red flag, signalling inflammation and are typically a sign of gum disease. Try...

- * Regular brushing with fluoridated toothpaste twice a day
- * Using interdental brushes between teeth
- * Attending routine dental checks - key for early detection & gum disease treatment

Toothache

Toothache, a constant pain in or around a tooth, is experienced by 24% of adults. It can be caused by decay, an abscessed tooth, a damaged filling, or a tooth fracture.

- * It's a signal that your body needs professional help - make an appointment!
- * Use over-the-counter pain relievers as a temporary solution
- * Avoid extremely hot or cold foods

Neglecting a toothache can lead to serious complications, including abscesses, spread of infection and tooth loss, so call to book now.

Dry mouth

This prevalent oral health issue affects 17% of adults. It can be due to various factors such as medication side effects, certain medical conditions, or dehydration. Try...

- * Seeking our professional dental advice to prevent further complications
- * Staying hydrated & using a saliva substitute
- * Maintaining good oral hygiene

Bad breath

Bad breath affects 17% of adults and can be caused by poor oral hygiene, dry mouth or certain foods and drinks. Try...

- * Seeking our dental advice as it could be a sign of a more serious oral health issue
- * Regular and thorough brushing and flossing
- * Staying hydrated & eating a balanced diet

If you have concerns about any of the oral health issues mentioned here, please get in touch for professional dental and hygiene advice.

Meet the team at Bell Barn!



Our practice manager is Ruth Coleman. The nurses are Dee Abraham, Leanne Parkins, Charlotte Conn, Tracy Pearce, Kayleigh Holmes, Luciana Sacmarian and Leanne Daykin

Our receptionists are Rebecca Thornton

Smith and Marie Hawkins.

Our dentists are Dr Wallace Boukes, Dr Ee Ying Ooi, Dr Ashrif Parker, Dr Joanna Thompson, Dr Keith Garber and Dr Tomasz Skoczek, and our hygienist is Margarita Leivers.

Spotlight: Whitening - know the facts!

As it was National Tooth Whitening Day in June, we thought we would highlight this treatment.

When carried out by our experienced dental professionals, tooth whitening is a safe and cost-effective way to give your smile a boost.

Only trained dental professionals like us can whiten people's teeth. Did you know it is actually illegal for anyone other than dentists or their clinically trained team members to carry out teeth whitening?

According to the General Dental Council people offering teeth whitening, such as beauticians and hairdressers etc, won't have the right training or knowledge, and could permanently damage your teeth and gums.

As with most things, you get what you pay for. Whitening products available online or from high street shops often fail to declare the precise chemicals used so it's difficult to assess their safety.

These products aren't guaranteed and are unlikely to produce the same results you can expect by visiting us. We are trained to know



which whitening products will be safe for your teeth and gums, and will be able to tell you exactly the results you can expect.

You may experience some sensitivity for a short time during your treatment but this is normal and will soon fade away after completion.

Whitening won't remove the surface of your teeth or change their shape. It doesn't permanently alter the tooth's structure and isn't effective on crowns or veneers.

We will discuss with you the level of whitening you want and give you an idea of how many treatments you may need to achieve the shade you're after.

A carefully controlled concentration of tooth whitening gel is applied to your teeth using specially-made trays that are created to fit in your mouth.

A brighter, whiter smile not only looks healthier, but it gives your confidence and spirits a lift. When we look good, we feel good! Ask us for a shade test at your next appointment.

How much wood could a woodchuck chuck?

Approximately 315kg according to a research team at Cornell University in America!

Tongue twisters have been around since the early 19th century - there's even an International Tongue Twister Day coming up in the autumn. So, what better time to consider our humble tongues?

Tongue facts:

- The tongue is the only muscle in the human body that works without any support from the skeleton.
- The tongue has about 10,000 taste buds, which can sense five basic tastes: sweet, sour, salty, bitter and umami. Umami is a savoury taste that is triggered by monosodium glutamate.

• The tongue can change its shape and size depending on what it is doing. It can help us speak, swallow, chew and clean our teeth.

• The tongue is not the strongest muscle in the body, but it is one of the most flexible and sensitive. It can also heal faster than other parts of the body.

• The tongue can reveal a lot about our health by its colour and texture. For example, a white tongue may indicate a fungal infection, a red tongue may indicate a vitamin deficiency or an allergy, and a yellow tongue may indicate a stomach problem.

Don't forget to make brushing your tongue part of your daily cleaning routine to help keep your breath fresh, and, if you have any issues or concerns, call us for advice.

Practice news

Open day success!



The Invisalign Open Day hosted by our Invisalign provider Keith and his nurse Leanne in June was a success.

Medical history

We are required to have a full medical history and current medication information for our patients, which is why we regularly ask you to check and update your form. Please ensure you have all relevant information and a list of your medication when you attend for your appointments so we can update our records accurately.

Bell Barn Dental Practice

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Opening hours

Monday:	9.00 - 17.00
Tuesday:	9.00 - 17.00
Wednesday:	9.00 - 17.00
Thursday:	9.00 - 17.00
Friday:	8.00 - 15.00

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