



# Robinson's Dental Practice

## Summer 2011 Newsletter

Welcome to our fifth newsletter. No births, marriages or (thankfully) deaths making the news this edition but hopefully a few interesting articles all the same including:



- ≈ an interesting way to calm anxious patients
- ≈ health risks associated with denture fixatives
- ≈ information on budget plans for dental care.

### Link between gum disease and ill health

There is now very strong evidence in the medical literature of a link between periodontal (gum) disease and heart disease. In addition periodontal disease has been linked to: chronic respiratory diseases, diabetes, dementia and strokes.

Periodontal disease is caused by the bacteria present in dental plaque and tartar (the hard deposits removed during de-scaling treatment). These bacteria cause inflammation of the tissues surrounding the teeth and, if left untreated, periodontal disease can attack the bone supporting the teeth causing them to loosen and eventually fall out.

In the majority of cases periodontal disease is easily managed if spotted early enough but advanced disease, or disease which doesn't respond to treatment, may need referral to a specialist.

Good oral hygiene is the key to preventing gum disease, one of the earliest warning signs of which is bleeding gums. Regular dental check-ups help ensure any gum problems are identified at the earliest opportunity reducing the chances of the disease spreading and helping you not only to keep your teeth but also to reduce the risk of ill health.



## Novel idea for reducing dental anxiety?

In one of our dental magazines recently we spotted this interesting little article:

Apparently, there is a dental practice in Germany which has come up with a novel idea to drum up new business. The dentist and her nurses have changed their uniforms to 'cleavage enhancing outfits' in a bid to ease patients fears.

According to the dentist, Dr Klarkowski, "the sight of cleavage gets patients narcotised and distracted from the pain rather quickly".

We have looked into this very closely but after much deliberation the team decided that, since Simon refuses to have his chest waxed, he really cannot carry off the Wonderbra and low cut top!

We will have to stick with sedation for calming our anxious patients.



## Budgeting for treatment



We know you all understand the value of good dental care. Our teeth are so important; first impressions can be significantly affected by a person's teeth, we all know how a good smile always makes a good impression.

Healthy teeth and gums give us confidence in communicating and can even affect how we speak.

We are aware that, for some people, the cost of dental treatment can be a worry, no-one likes an unexpected bill.

Many of our patients have chosen to budget for their dental treatment by joining Denplan. We offer two different monthly payment plans; Denplan Essentials for the basic check up and cleaning costs and Denplan Care which covers all your treatment. Both plans also have worldwide dental emergency insurance included.

In most cases you could cover the cost of all your treatment for less than the cost of a gallon of petrol per week.

If you think you would prefer to budget for your dental treatment please ask any of our staff who will be happy to give you more information about the Denplan schemes.



## Denture fixatives linked to blood disorders

Just a note to say, if you wear a denture and are in the habit of applying fixative, please check that the fixative you use is 'zinc free'.



Recent evidence suggests that excessive use of fixatives which contain zinc can, in rare cases, cause serious medical disorders.

Excess zinc, from whatever source, may lead to copper deficiency which is a risk factor for some nervous system and blood disorders.

In the practice we stock Secure, a zinc free fixative however, our advice is, if your dentures are loose get them checked by the dentist, they could be relined to fit better or maybe you need a new one.

Robinson's Dental Practice  
1 Castle St, Christchurch, Dorset, BH23 1DP

Tel: 01202 487888  
Email: [reception@robinsonsdental.co.uk](mailto:reception@robinsonsdental.co.uk)  
[www.robinsonsdental.co.uk](http://www.robinsonsdental.co.uk)