



LYME BAY DENTISTRY

The Nautilus Newsletter

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The First EDA Expert in Implantology from the UK



Dr Philip Bennett (centre) with EDA Examiners Prof. Zoeller and Prof. Berger

Congratulations to our very own Dr Philip Bennett he is the first Expert in Implantology of the European Dental Association in the whole of Britain.

Even experienced oral implantologists view the EDA Expert exam with considerable respect. Just to be admitted by the examination board of the European Dental Association requires 250 hours of advanced training hours in various sub-disciplines of oral implantology, submission of ten documented cases and at least five years of professional activities in the field of oral implantology. Dr Philip Bennett demonstrated all of these and he was able to convince the examination board of his expertise. He can now call himself EDA Expert in Implantology!

Four out of five people in the UK are unhappy with the way they smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

A survey, carried out by the British Academy of Cosmetic Dentistry, shows that while there is a strong interest in cosmetic dentistry, people are often held back because they are not aware of the treatments that are available, or fear they might be too expensive.

Are you happy with *your smile?*

In fact, many patients are pleasantly surprised at how easy and affordable smile enhancements can be. Tooth whitening and tooth coloured fillings are the most popular treatments, and can make a huge difference for a relatively small investment.

Bonding can disguise many small imperfections including chips, cracks and gaps, and is painless and inexpensive.

Today's modern materials mean that crowns and replacements for missing teeth are no longer opaque in colour with metal edges where they meet the gum – instead they

are extremely natural in look and feel, perfectly complementing your other teeth.

More advanced treatments can cost more, but the long-term benefits are often well worth the investment made.

Dental implants are a prime example of this. They are strong, lasting and extremely realistic replacements for missing teeth. They consist of a titanium fixture which is placed into the gap and then fuses with the jaw bone, and a crown which is later secured on top.

New Faces

We would like to welcome a few new faces to Lyme Bay Dentistry in 2010.

Shona Sala is one of our dental hygienists who is covering for Olivia whilst she is on maternity leave and busy looking after baby Isabella. Shona qualified from Bristol University Dental Hospital earlier in the year with a distinction in Dental Hygiene and Therapy. Shona lives with her husband Matthew and they have been married for nine years. She enjoys reading, walking her dog Fleur and scuba diving as often as possible! Shona is working on Mondays and Wednesdays.

We would also like to welcome Charlotte Akka and Emma Surridge to the dental nursing team. Julie Thomas to reception and Ingrid Godfrey as client co-ordinator. Further details about the team at Lyme Dentistry can be found on our website.



Shona Sala—Dental Hygienist

Referrals

We are always pleased to welcome new patients. Most of our patients come from personal recommendations and we are most grateful to all our regular patients who refer their family and friends to us. If you know of anyone who would like to join our practice, do pass on our details. Please ask them to mention your name when they register with us so we can thank you for your support.

Did you know?
Only your lower jaw moves when you chew—your upper jaw stays still!

The importance of the dental exam?

It is important to attend a dentist on a regular basis as any potential problems will be identified early and appropriate action taken. Tooth decay can, if left untreated, cause the total loss of a tooth within a year, also gum disease has been linked directly to heart problems, for this reason it is important to attend every 6 months.

What will the dentist do at the examination?

Firstly they check your teeth for cavities and broken fillings or crowns. Dental decay may appear as a hole or sometimes as a dark shadow underneath the surface of the enamel. If there is a hole in a tooth the dentist may place a temporary filling to stop food accumulating in it. The dentist will then check the gums and your general oral hygiene to ensure there are no problems there. They may use a special probe to test the depth of the pockets around your teeth in order to detect gum disease early. Finally the soft tissues are checked for ulcerations or other lesions; oral cancer is on the increase, your dentist is best prepared to ensure your safety. The dentist will also check the jaws and associated muscles. He may then take radiographs (x rays) if necessary. Usually two small radiographs of your back teeth are taken every two years or when you attend a new dentist. These show any hidden decay between the teeth and the level of the bone which may indicate periodontal disease.

But I wear dentures, do I still need an exam?

Some full denture wearers assume that because they have no teeth that they needn't see a dentist. With increasing age the chance of oral cancer or other lesions forming within the mouth increases and it is therefore important for your dentist to check this. Dentures will also become loose with age due to the bone resorbing and may need replacing or the fitting surface relining. Please remember due to loss of bone in the jaw, even new well made dentures can be loose, two implants can be placed underneath to make the denture completely secure. This is now recognised as "treatment of choice" for patients who wear full dentures