

# duke street DENTAL CENTRE

Welcome to this month's newsletter! It's November already.....The Festive season is almost here.....Aideen, David and all of the team here at Duke Street would like to wish you a very Merry Christmas.

We would like to introduce Dentist Andrea Kennedy (Andy for short) to our Team; Andy will be working with us on a Thursday.

After an unseasonably warm October for our Oral Health Month I sat down with Aideen to ask some questions and get her top tips for good oral health.

Some of these tips will appear on our Twitter page also so be sure to follow us for fun updates, news and links!



[www.twitter.com/dukestreetdc](http://www.twitter.com/dukestreetdc)

Aideen is one of our three dentists here at Duke Street and is committed to providing great care for patients. She qualified from the University of Manchester Dental School in 1992 and has been working in Brighton for the last 10 years.

Dressed in fun pink scrubs, Aideen takes some time out after a busy Friday morning session to talk teeth with me

**V: I've been reading lots recently in the news which suggests our bodies can be affected even if seemingly small parts of our bodies are not in top condition.. is it true that oral health can affect the rest of my body?**

A: Yes, definitely! Healthy teeth and gums make you look better, feel better and that just boosts your confidence. Also, there are studies on links between gum disease and low birth weight babies so it's really important for pregnant women to look after their gums and get regular check ups!

**V: I have also been on the look out for a good toothbrush.. what sort would you recommend?**

A: For a manual toothbrush, it's best to look for one with medium textured bristles and it's important to make sure the head of the toothbrush isn't too big!



NOVEMBER 2011  
Issue #3

**V: And toothpaste?**

A: For an adult, you would need a fluoride toothpaste containing at least 1450 ppm (as an aside, that means parts per million). Children should be using a lower fluoride toothpaste. Mouthwashes are useful as an extra help but not as an alternative to brushing.

**V: I've had a couple of hygiene appointments and I was wondering if there are any tips for keeping that 'just-cleaned' feel for longer?**

A: Well, unfortunately some of us just build up stains on our teeth more quickly than others, even if it's just down to a cup of tea/espresso or smoking cigarettes. You can achieve a more polished feel by using an electric toothbrush and daily tepe use can help prolong the time it takes for stains to build up.

**V: And lastly, what is the most common advice you give regarding oral health?**

A: Brush well, before bedtime and at one other time during the day!

*Remember you can buy new brushes and mouthwash, floss, tepes etc at reception, we also have fun kids tooth brushes hello kitty and spiderman.*

## AIDEEN'S TOP TEETH TIPS

**TIP!** If you eat or drink acidic food (fruit juice, wine, apples) wait at least 30 minutes before brushing as the acid softens the enamel and the brushing will wear the enamel away

**TIP!** The most important place to brush is right next to the gum margin as that's where plaque hides itself

Hope you enjoyed the question and answer session with Aideen! Feel free to drop any questions in the suggestions box or email us and we'll see if we can get them answered in next month's newsletter!

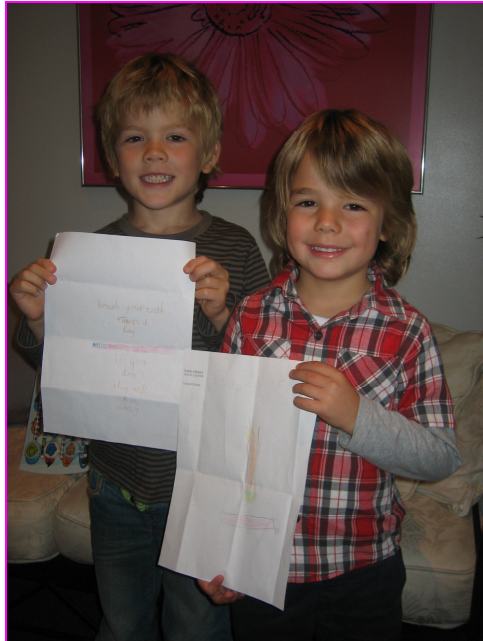
**P.T.O for the drawing competition winners!**



You may remember our drawing competition as part of Oral Health Month in September.

We are pleased to announce the winners in this issue!

Brothers Cian and Darragh (aged 5 and 7) won first and second prize respectively for their colourful and informative drawings! Here is a photo of the boys looking proud and flashing those winning smiles!



Congratulations also to our runner up, Violet (aged 8) who drew a wonderful colourful smile!

Thanks to everyone who entered... keep on smiling!! 😊

Dreaming of a White Christmas?... We can whiten and brighten your smile with our super Air Polish Treatment and Enlighten Whitening Treatment email or call to book your appointment.



NOVEMBER 2011

Issue #3

# COMPETITION WINNERS & Christmas hours



We will be open on Christmas Eve for any emergencies and can be contacted in case of emergency by calling the practice over the Christmas period when we are closed for holidays on the usual telephone number:

**01273711999**

**CHRISTMAS OPENING TIMES**  
SAT / 24 / DEC – open 9am-1pm  
**SUN / 25 / DEC / 2011 TO**  
**MON / 02 / JAN / 2012 CLOSED**  
TUE / 03 / JAN /2012 normal hrs resume

You can also send any concerns to us over the Festive period by email:

[info@dentistbrighton.co.uk](mailto:info@dentistbrighton.co.uk)