



Word of Mouth

Tailoring your care, at every age



Winter 2024

At every stage of our lives, we face different challenges to our dental health and some patients may require extra help and guidance from our clinical team.

Teenage girls and women

Hormones can play havoc with our mouths. Women and teenage girls are at risk of developing gum disease, bleeding gums, mouth ulcers and experiencing sensitive mouths because of the hormonal fluctuations they experience during puberty, pregnancy and the menopause, as well as from taking oral contraceptives and having monthly periods.

People with long-term conditions

Certain medications can cause the saliva in our mouths to dry up and the knock-on effect is that harmful bacteria builds up, leading to decay and gum disease. Drinking extra water and chewing sugar-free gum to stimulate saliva flow can help - and make sure to visit us more regularly.

Smokers

Smoking increases bacterial plaque whilst reducing the delivery of oxygen and nutrients to the gums and generates free radicals that delay the healing process, making the gums more susceptible to infection.

Research shows that smoking causes 50% of all gum disease cases. We are not here to lecture, we are here to care for your dental health. Smokers need extra

care and more frequent visits to ensure their mouths stay healthy, so don't put off your appointments.

People with diabetes

Gum disease is often considered an extra complication of diabetes. This is because when blood sugar levels are poorly controlled, blood glucose levels rise and the higher levels of sugar in the mouth help harmful germs to grow. People with diabetes can also be more susceptible to

contracting infections including infections of the gums.

Are you at risk of gum disease?

Some 80% of the UK population are estimated to suffer from gum disease at some stage in their life.

With the right oral health advice and excellent cleaning regimes at home, gum disease can be controlled. If you have any questions, please get in touch.

Smile transformation by Jia



"I am pleased that I have managed to enhance my patient's smile, achieving both aesthetic and functional improvements that have helped to restore her confidence."

"I used composite bonding, Emax crowns and a partial lower denture. If you are looking to improve your smile, book in for a consultation with me!" Jia Ming Tan



Spotlight: Quality and reputation count

When it comes to treating your mouth and face, reputation, qualifications and skills, and the quality of materials being used, really matter.

The saying goes that if it sounds too good to be true, it probably is. This is especially true when it comes to cosmetic, teeth straightening, whitening and facial rejuvenation treatments.

Will you get what you paid for?

Last month a global company offering cut price online teeth straightening went bust, leaving their customers facing little hope of getting their money back. While a few hundred pounds might sound like an amazing deal for orthodontics, it's a lot to lose if you never receive the treatment you've paid for.

Whitening carried out by beauticians is often illegal

In the UK, only qualified dental professionals can carry out or oversee teeth whitening. Yet, you will see beauticians offering this treatment on virtually every high street. It takes time to become fully qualified and reputable materials cost more to manufacture, which is why treatments at dental practices can sometimes appear more expensive.



Think carefully before having dental treatment abroad

The cost of your treatment abroad may appear cheap but when you've factored in air travel, hotels, taxis, food, return trips for follow-up appointments and the risk of complications, any savings you might make are soon eaten up.

What should I consider?

1. Does my clinician have the right qualifications and experience?
2. Which manufacturer makes the implants, tooth whitening gel, braces, facial rejuvenation serums etc and do they have a good reputation?
3. Does my practice invest in the latest equipment?
4. How successful is treatment? Can I see before and after photos of actual patients?

If in doubt, ask questions! Any clinician worth their salt will be only too happy to help. If you would like more information about a particular treatment we offer, just get in touch. We look forward to hearing from you.

Why last minute cancellations matter

We appreciate that sometimes illness happens or something crops up that means you have to cancel or rearrange your appointment.

We always send out reminders to our patients about their dental and hygiene appointments to nudge your memory, as we understand that it may have been some months back when your next visit was booked in.

This is why we ask you to keep us updated when you change your mobile number, email address, or move house.

We ask for a minimum of 24 hours' notice if you need to change your appointment, as we always offer appointment times to other patients who may be waiting to see us - and this can take time to organise.

You will have seen from the headlines, many people are finding it difficult to book dental and hygiene appointments in the UK. Appointments at dental practices are a prized commodity!

The taking of non-refundable deposits on booking are now commonplace, not just in the dental industry, especially as everyone's belts are being squeezed with increases in utility prices, rent and rates.

Our policy is to charge patients who fail to attend their appointments because they have forgotten or if they cancel at late notice.

If you would like to discuss this matter further, please get in touch by phoning our helpful reception team or emailing us. Our contact details are below.

Seaham Smiles Dental Surgery

2 Maureen Terrace
Seaham
SR7 7SN

0191 581 2236

Opening hours

Monday	08.30 - 19:00
Tuesday	08.30 - 18.00
Wednesday	08.00 - 18.00
Thursday	08.00 - 20.00
Friday	08.00 - 16.00

www.seahamsmiles.com

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

Practice news



Welcome aboard!

We have expanded our team and welcome two new apprentice dental nurses, Charlie and Sophie and a qualified dental nurse Chloe. We now have a senior dental nurse Kate, who has recently been promoted to look after our team of dental nurses.



Well done Ellie

Ellie has passed her dental nursing qualification and is now working alongside Nigel as his implant nurse and patient care coordinator. Congratulations!



New treatment...

We now offer gum recession surgery. If you have receding gums, we may be able to help you. Ask us today.



CPR training

The North East Ambulance Service held our annual CPR training here recently to ensure our team is up to date.