

Word of Mouth



Time to smile - in comfort!

Spring 2025

Our aim is for all of our patients to be able to smile with comfort and confidence. But this is virtually impossible if you are suffering from toothache.

Tooth pain should never be ignored and can be a sign of something more serious. It is a sharp, throbbing, or persistent pain in or around a tooth and is our body's way of telling us something isn't right.

The Oral Health Foundation charity explains that toothache can be caused by:

Tooth decay – The most common cause, is where cavities expose the sensitive inner layers of your teeth.

Gum disease – Infections in the gums can lead to pain, swelling, and even tooth loss.

Cracked or damaged teeth – Even a tiny fracture can expose nerves and cause pain.

Sensitive teeth – Worn enamel or receding gums can make teeth painful when exposed to hot, cold, or sweet foods.

Abscesses and infections – A build-up of bacteria inside the tooth or gum can lead to severe pain and swelling.

Toothache rarely goes away on its own and ignoring it can have serious consequences. If left untreated, a minor issue can quickly escalate into something more severe.

Infections can worsen, with bacteria spreading deeper into the tooth and surrounding areas, potentially leading to abscesses or even life-threatening systemic infections.

Tooth loss becomes a real possibility, as severe decay or gum disease can weaken teeth to the point where they either fall out or require extraction.

Additionally, putting off regular dental examinations often leads to more expensive and complex procedures, such as root canals or extractions, rather than simpler, more affordable solutions like fillings or deep cleaning.

Extreme pain that keeps you awake

If you are experiencing extreme pain that

is not relieved by taking painkillers or you have a lump or any swelling in your mouth, this could mean that you have an infection or abscess.

If you have any of these symptoms, contact us immediately for an emergency appointment.

You will usually need to have some antibiotics to take the infection away and may require further treatment from your dentist.

Please call us for further information.

Two new dentists welcomed



We're thrilled to introduce Roupa and Dan, our two new dentists at Seaham Smiles!

They are now accepting new Private Pay-



As-You-Go patients. If you know friends or family looking for quality dental care, refer them to us to secure their spot today - spaces are limited!

Spotlight: Linking heart & mouth health

The health of the mouth and the heart can have an effect on each other - when one isn't properly cared for, the other can suffer too.

Problems with our dental health can sometimes serve as an early warning sign for other diseases or conditions and can increase their likelihood.

More research is needed in this area but it has previously been found that if you have a heart condition, you are more likely to have gum disease and vice versa.

Gum disease, also known as periodontal disease, begins with gingivitis, symptoms of which are swollen, red and sore gums that often bleed when you brush your teeth.

If gingivitis is left untreated, it can progress to periodontitis. Periodontitis affects the strength of the gum and bone around the teeth, causing them to loosen and in the worst case scenario, fall out.

The Oral Health Foundation explains that gum disease can also contribute to general inflammation, where your body is



constantly on high alert with your immune system always defending the body. Inflammation is a known risk factor for cardiovascular disease (CVD), including heart attacks and strokes.

Bacteria in the mouth is called plaque. It is the soft, creamy-coloured sticky substance that forms on our teeth. If plaque is left on the teeth and gums it can lead to gum disease.

If you suffer with gum disease, this bacteria from the affected gums

can enter the bloodstream. This can be a severe problem for the heart, as it increases the risk of hardened arteries, which can increase the risk of stroke and heart attacks.

These bacteria from the mouth can also spread to the heart valves via the bloodstream, causing endocarditis, which is inflammation of the inner layer of the heart. This is particularly risky for individuals with pre-existing heart valve conditions.

Read more at www.dentalhealth.org/news/heart-month-2025-getting-to-the-heart-of-dental-health

Does your child grind their teeth?

There's been lots in the press recently about children's mental health.

As parents, we know it can sometimes be hard to determine our children's happiness - especially with teenagers. So, keeping an eye on the health of their teeth can provide insights into their emotional wellbeing

Stress can have a significant impact on children's teeth in several ways. One of the most common effects is teeth grinding or clenching, which can happen when children are feeling anxious or overwhelmed. This can occur both during the day and while they sleep

Sleep bruxism - grinding teeth during sleep - is particularly common in children and, over time, can lead to serious oral health issues.

The constant grinding wears down the

enamel, making teeth more sensitive, worn, chipped, or even cracked. In severe cases, it can lead to tooth loss and persistent oral pain.

Other physical side effects of stress-related grinding may include headaches, jaw pain, and difficulty chewing. If left untreated, these issues can worsen and affect a child's overall well-being.

Your dentist may recommend a mouthguard to protect their teeth while they sleep and help prevent long-term damage.

If you are concerned about your child's wellbeing, please visit this web page for lots of useful guidance on common issues and ways to help:

www.dentalhealth.org/news/protecting-your-childs-smile-and-well-being-the-mental-health-connection

Seaham Smiles Dental Surgery

2 Maureen Terrace
Seaham
SR7 7SN

0191 581 2236

Opening hours

| | |
|-----------|---------------|
| Monday | 08.30 - 18:00 |
| 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

Farewell Megan

Our wonderful dentist Megan is relocating to Carlisle. We wish her all the best in her new journey and will miss her greatly.

Good luck Ellie

Our Dental Implant Nurse, Ellie, is currently undertaking her radiography course—best of luck to her as she continues to upskill.

Wedding bells

Congratulations to Kaye, our dental nurse, who is getting married this spring and to Rebecca, our Practice Manager, who will be tying the knot this summer!

Team training

We recently hosted a Full Team Event Day, where the practice closed for a special training session focused on elevating patient care. It was a fantastic experience for our team.